



BC ASSOCIATION OF  
**Community Response Networks**  
*Stopping Adult Abuse and Neglect ...Together.*

## **Week of the Older Person Registration Schedule**

The BC Association of Community Response Network is hosting a free Zoom event called the **Week of the Older Person from September 28 to October 2.**

There will be a Zoom webinar each day of that week starting at 10:00 am. There is NO COST for these workshops. **Registration is NOW open for EACH day.**

### **Monday, September 28: Falls & Injury Prevention**

Falls prevention, vision, medications & vitamins, home safety and exercise.

Register Here: <https://bit.ly/2GhiQS8>

### **Tuesday, September 29: Why Preventative Health Matters**

Vaccines, exercise, nutrition & mindfulness behaviors that can improve and accelerate your health will be shared. Register Here: <https://bit.ly/2DhMUvR>

### **Wednesday, September 30: Protecting Yourself during COVID and the Importance of Vaccines to Stay Healthy**

Publicly & non-publicly funded vaccines available to protect us from Shingles, Pneumonia, Influenza. Register Here: <https://bit.ly/3bdSQT3>

### **Thursday, October 1: Elder Abuse Awareness**

Learn to recognize the warning signs and risk factors of senior abuse.

Register Here: <https://bit.ly/3lBKcm3>

### **Friday, October 2: Sleep to Better Health**

The benefits of sleep, FIVE tips to increase your quality of sleep and ultimately your health & well-being. Register Here: <https://bit.ly/2EA3kAr>

Your Host for this week of Zoom webinars: <https://bccrns.ca/>



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