



SENIORS PROGRAM NEWSLETTER

October Edition

October is here, so is Thanksgiving. A time to express gratitude for keeping early explorers safe as they set out on their expedition. It is a mark of the beginning of Autumn and a celebration of the harvest season.

This month, we will begin a Digital Skills Program for Seniors of African descent, in partnership with Edmonton Community Adult Learning Association (ECALA). This 10-week program starts on Monday, October 24. Do not miss this opportunity to acquire skills to adapt to the digital world. Click this link to register and learn more <https://forms.gle/rLVGhMqdr8YDs8Fu6>

Special Feature

World Mental Health Day

World Mental Health Day is in October. An international day for worldwide mental health, awareness, education, and advocacy against social stigma. Africa Centre Mental Health Program is organising a conference for leading researchers, academics, and practitioners to deliberate on matters concerning mental health in the Black, African and Caribbean communities as well as exploring ways to address mental health needs. The theme this year is "Breaking the Ice". It is a free event and your opinions matter. Click this link to register:

<https://lnkd.in/gVWdk8XQ>



Health corner

October is Breast Cancer Awareness Month

An annual international campaign organized by breast cancer charities to increase awareness of the disease, raise funds for research into its causes, prevention, diagnosis, treatment, and cure.

One in eight women is expected to be diagnosed with breast cancer in their lifetime. It is estimated that nearly 29,000 people in Canada will be diagnosed with breast cancer, mostly women. Click here to learn more:
<https://cancer.ca/en/ways-to-give/breast-cancer-awareness-month>

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Photos from our last field trip to the Muttart Conservatory

