Your eyes and overall health: It’s all connected!
*(Health Aging Series)*
Dr. Cory Larson, Alberta Association of Optometrists
Thursday, December 5
Location: Education South, Room 177

Your optometrist is checking so much more than your vision at your annual eye exam. Learn what they are looking for inside the eye, what early signs of serious medical conditions can be spotted, and how you can maintain your eye health through eating certain foods and regular exercise. Come and find out how to maintain your eye health throughout your life. It’s never too early to start!

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Maintaining Positive Habits Through the Holidays
Loradonna Botter, EFAP
Wednesday, December 11
Location: Education South, Room 265

The holidays are meant to be a time of celebration and relaxation but they often add stress to our already busy lives. This session will help participants become aware of common holiday stressors and provide strategies to maintain positive habits through the holidays. The focus will be on areas that are within participants’ control such as wellbeing and self-care strategies, relaxation techniques and helping others.

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*Bring your lunch and join us for these informative sessions. Seating is limited - please enroll through the LearnCentre. These sessions are listed under the Health and Wellbeing catalogue.*

*For information about the Lunch & Learn program, contact our office at org.health@ualberta.ca*