



SCARBOROUGH
CENTRE FOR
HEALTHY
COMMUNITIES

MAY CAREGIVER EDUCATION

MAY 9TH, 1 – 2:30 PM

Communication Strategies for Caregivers

We will discuss how to communicate with family members, health care providers, and others in the circle of care. Exploring different communications strategies to help put tools in your tool belt as a caregiver.

**Presented by Amy Stephenson,
Caregiver Wellness Coordinator**

**ALL SESSIONS WILL BE HELD ON
ZOOM WITH CALL-IN ATTENDEES
WELCOME. REGISTER BY
VISITING [BIT.LY/3SDCA5G](https://bit.ly/3SDCA5G)
OR CONTACT AMY AT
[ASTEPHENSON@
SCHCONTARIO.CA](mailto:ASTEPHENSON@SCHCONTARIO.CA) /
416-948-8976 OR
SCANNING THE QR CODE**



MAY 24TH, 1 – 2:30 PM

Mindful Eating for Caregivers

Heart disease, hypertension and diabetes are on the rise and coming up with healthy meals can be challenging for caregivers. Caregiver Wellness, Diabetes Education and Health Promotion Programs are working together to deliver this fun and interactive webinar led by a Registered Dietitian. Learn about the basics of good health and chronic disease prevention and watch a live food demonstration with step-by-step instructions for making delicious and nutritious meals.

**Presented by Domi Siemiatkowska,
Health Promotion Coordinator,
and Mariella Fortugno,
Registered Dietitian**

