

Maintaining health for women with MS

Thursday November 27

Co-hosted by Women's College Hospital, 76 Grenville St. (College & Bay)



Aging wisely with a chronic illness

Thursday November 27th
12 noon to 1 p.m.

Aging wisely looks at the needs of the aging adult: safety in the home and tips to reduce the risk of falls; maintaining mobility, addressing physical accessibility and balance difficulties; and resources to access for in-home and community supports, and re-location options. Information about power of attorney appointments will be shared.

Presenters are members of WCH's WISE team:

- Social worker, L. Jobanputra
- Occupational therapist, N. Nathwani
- Physiotherapist, T. Objubek



Chronic illness and mental health

Thursday November 27th
1 p.m. to 2 p.m.

Chronic illness and mental health will provide an overview of the relationship between chronic medical illness and mental health with a focus on depression and anxiety; including the prevalence of depression and anxiety conditions among people with MS and the role that mental health plays with respect to coping and recovery.

Presenter: Psychiatrist, Dr. J. Hensel

Register for this event- seating is limited

online: mssociety.ca/toronto/events

email: angela.covert@mssociety.ca or phone: (416) 967-3034

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