



Dealing With Stress

Stress management has been associated with increased senior health and well-being. One might make the assumption that retirement should be a time of less stress but this isn't always the case. Senior adults can experience stress from relationships, finances and in some cases, retirement itself, as well as other areas of life.

There are a variety of proven coping tips that can alleviate the effects of stress. *Join us for our Dealing With Stress Workshop on March 6th to learn more.*

March 6th - 2:30 pm to 3:30 pm

With special guest **Margaret Ng**, from the Council of Senior Citizens' Organization of BC Health & Wellness Institute.

This workshop will look at: how to identify sources of stress; symptoms and warning signs; importance of management; caregiver stress; tips for preventing and coping with caregiver stress; anxiety disorders and treatment plus general tips including lifestyle changes that can help manage or alleviate stress levels for better health. *Visit our website for more information.*

Pre-registration is required by March 4th. No charge to attend.



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Why wait to plan your dream retirement?

Now accepting wait list reservations.

Call Lauren or Kathleen to Book Your Tour!

604.240.8550

March Learning Sessions 604.240.8550

March 13th - 2:30 pm to 3:30 pm

Wellness Session: Bladder Health

With special guest, Tracy Sacré, RN from Proof of Health.



Learn how the bladder functions; how bladder health can change as we age; causes of bladder incontinence, infection and irritation; possible remedies and lifestyle strategies to help ease, reduce or eliminate these problems.

Pre-registration is required by March 11th. No charge to attend.

March 20th - 2:30 pm to 3:30 pm

Information Session: Investment Fundamentals

*With special guest **Chadwick Walker**, Associate Portfolio Manager and Investment Advisor with Odlum Brown Limited.*



Chadwick will provide an overview of the considerations that go into building a portfolio of publicly traded securities as well as the tax implications of holding certain investments in certain accounts. [Visit our website for more information.](#)

Pre-registration is required by March 18th. No charge to attend

March 27th - 2:30 pm to 3:30 pm

Wellness Workshop: Exercises for Osteoarthritis

*With Legacy's own **Lisette Guajardo**, Certified Personal Trainer and Senior Fitness Specialist.*



*Osteoarthritis, the most common form of arthritis affects 1 in 8 Canadians. Learn about **disease characteristics; commonly affected joints; exercise - benefits, risk and myths; recommendations & view demonstration of exercises.***

Pre-registration is required by March 25th. No charge to attend.

Legacy invites attendees to arrive 30 minutes prior to start of sessions to enjoy a tour of our amenities. [Visit our website for more information.](#)



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About Us

Legacy Senior Living was conceived as a tribute to Leo Wertman, who, in 1960, founded the business that would grow to become The Wertman Group of Companies.

Our goal is to create an outstanding residence in Leo's honour right here in the heart of Vancouver.

A place where seniors can stay active and involved, living creative and fulfilling lives. A place where great food, friendships, culture, and thoughtful living spaces come together as the ideal lifestyle community.

Contact Us

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