



The Health Benefits of Socializing

Recent research evidence shows that socializing can provide a number of benefits to your health.

In fact, connecting with family and friends may even help you live longer, improve your physical and mental health and decrease your risk of dementia.

Join us January 9th, 2:30 pm to 3:30 pm
Social Connectedness Workshop

*With Special Guest Marion Pollack, Volunteer with COSCO
(Council of Senior Citizens' Organizations of BC)*

Loneliness and isolation are unhealthy situations particularly for senior adults who are at higher risk of becoming isolated in their homes due to a variety of reasons.

This free workshop will examine the social determinants of health and well-being and will help participants determine the level of social connectedness needed and how to achieve it.

Pre-registration is required by January 7th to 604.240.8550.



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- *January 9th: Social Connectedness Workshop*
- *January 16th: Financial Investment Session - More For You, Less For Them*
- *January 23rd: Wellness Session - Bladder Health*



*Now Accepting
Wait List
Reservations.
Call Lauren or
Kathleen to Book
Your Tour Today!*

604.240.8550

January 16 - 2:30 pm to 3:30 pm

Information Session: “More For You, Less for Them”

Presented by Freedom 55 Financial, a Division of London Life Insurance Company with special guests **Barron Galbraith-Ritchie and John Panago.**



Structuring Gifts & Minimizing Taxes:

Learn steps to take when gifting funds to loved ones in a tax efficient manner.

More For You, Less For Them - More about tax saving strategies and how we can help ensure there is more for you and less for the government..



*Pre-registration is required by January 14th to 604.240.8550.
No charge to attend. Visit Legacy's website for more information.*

January 23 - 2:30 pm to 3:30 pm

Wellness Session: “Bladder Health” with special guest Tracy Sacré, RN from Proof of Care



Join us as Tracy shares insights on:

- 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
- Q & A – Your questions are welcomed.

Pre-registration is required by January 21st to 604.240.8550.

No charge to attend.



Legacy invites attendees to arrive 30 minutes prior to start of sessions to enjoy a tour of our amenities and enter our monthly prize draw.



www.legacyseniorliving.com



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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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