



**The Good Companions
Seniors' Centre**
Supporting a Vibrant Community

Attention Members , Clients, Volunteers and Caregivers,

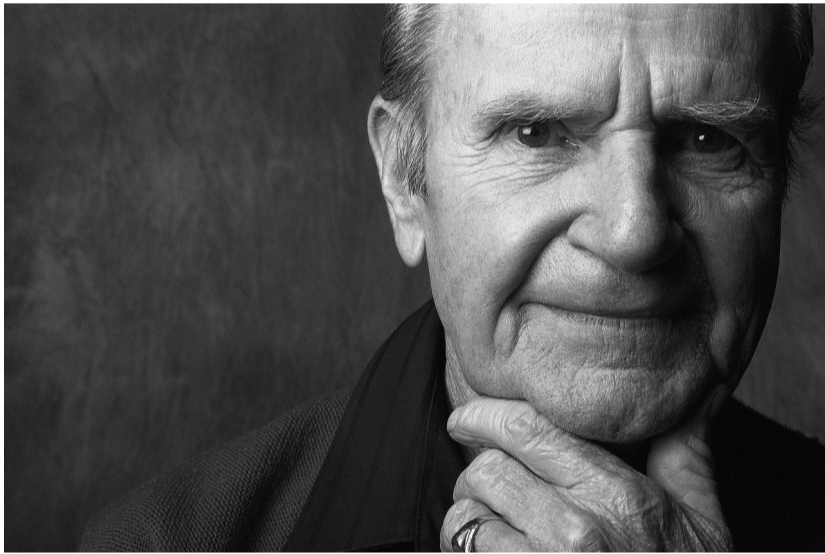
As part of our commitment to promote, enhance and support the well-being of seniors and adults with physical disabilities

Alan P. Sentance Educational Lecture Series:

Presents:

Knowledge is Power

Speaker: Manon Thompson, from
Ontario Network for Prevention of Elder Abuse



Tuesday, July 28th 2015

10:30—11:30am

The Good Companions

Room 142/147

(Across from Dining Area)

Seniors need to know that as long as they have the knowledge they have the power. We shall review psychological, financial, and physical abuse, how it happens and why. Join us for a discussion with an Ontario elder abuse prevention consultant and learn how to protect yourself or someone you care. **This is a free seminar. Members of the community are welcome and strongly encouraged to attend. Please register at Front Reception.**

The Good Companions—670 Albert St.

Space is extremely limited. Call 613-236-0428 or stop by our Front Reception to register. Parking available. OC Transpo routes: 8, 16, 41, 85, 86, 87, 91, 92, 94, 95, 96, 97, 98, 99.