

All events will be held at the  
**Bridgenorth Library:**  
836 Charles Street,  
Bridgenorth ON (705)  
292-5065  
spayne@mypubliclibrary.ca

The Smith-Ennismore-Lakefield Public Library Presents.....

## The Healthy Aging Series

**Space is Limited!**  
Please register in  
advance at the  
Bridgenorth  
Library or by  
calling 292-5065

March 1 at 2:00pm



### What Constitutes a Wellness Lifestyle--6 Key Factors

Presented by Dr. Kenton Peterson, Bridgenorth Chiropractic and Homeopathy

- In this presentation we will examine the six key factors that promote our health and wellness. You will learn how these factors interact, including how they interact with our genetic susceptibilities. You will learn what natural approaches can improve our energy and our resistance to disease. We will look at some of the more common health conditions and what are effective lifestyle changes that can help restore wellness and prevent these conditions.

March 10 at 2:00pm

### Community Care Information Session



- Yvonne Spradbrow of Chemung Community Care will be on hand to discuss the many programs and services that they provide for individuals such as The Shopping Buddy, Home At Last, Meals on Wheels and much more.
- Sample 'Meals on Wheels' dinners will also be available to be won!

March 17 at 2:00pm

### Chemong Physiotherapy



Good overall health starts from the ground up – The specialized care provided by a chiroprapist to treat all foot pain and problems

- Gift certificates and foot care goody bags available to be won!

March 24 at 2:00pm

### Sample Yoga Class

Led by Suzanne Kirk of The Moksha Yoga & Polarity Studio Lakefield



- From a foundation of stability and ease, joy arises naturally. When we practice these qualities, they begin to automatically transfer into other areas of our lives. Professionally trained, certified and internationally registered teacher. Poses are adapted to suit individual abilities.

March 29 at 2:00pm

### The Impact of Stress on Health

Presented by Dr. Kenton Peterson, Bridgenorth Chiropractic and Homeopathy



- In this talk we will look at how stress can undermine our health. We will look at some of the traditional and innovative ways of coping with stress that have been addressed in the scientific literature. As an introduction to the many stress-coping mechanisms we will examine both how the meaning we give to things and the way in which we view the world sets us up to be more or less stressed. We will also look at the impact of our relationships on our health and stress levels.

Smith-Ennismore-Lakefield Public Library

[www.MyPublicLibrary.ca](http://www.MyPublicLibrary.ca)

**Bridgenorth Library & Community Hall**  
836 Charles Street, Bridgenorth  
(705) 292-5065

**Lakefield Library**  
2 Queen Street, Lakefield  
(705) 652-8623

**Ennismore Library**  
551 Ennis Road, Ennismore  
(705) 292-8022