

## ***HOLD THE DATES for these 2025-26 Virtual Webinars***

**September**

**03**



### ***The Difference Between Isolation and Loneliness***

Learn the difference between isolation and loneliness, how they can affect your health and what to do about it. Staff from the Canadian Coalition For Seniors' Mental Health discuss this important issue and offer some tips.

**October**

**01**

### ***Facing Mortality: Navigating Anxiety in Later Life***

Explore the psychological impact of aging, mortality, and related concerns. A Summerville social worker will share practical strategies to ease anxiety, build resilience, and find meaning in later life through reflection and effective coping techniques.



**November**

**05**



### ***From Diagnosis to Management: Navigating the Diabetes Journey***

Join Summerville FHT practitioners to learn the basics about Type 2 Diabetes and Prediabetes. This session will also explore how nutrition patterns and strategies, physical activity and stress management can be utilized to help improve blood sugar management.

**December**

**03**

### ***Cybersecurity: What's Lurking Now***

Learn what's new in cyber scams including QR codes, tech support, and investment scams; the evolution of AI (artificial intelligence), and the importance of keeping your mobile device safe.



**January**

**07**

### ***Hold the Date***

Topic and description to come!

**Upcoming Webinars**

All Webinars at 10 a.m.  
For more information and  
registration links:

***Healthy Aging***

<https://www.summervillefht.com/displayPage.php?event=77>