Mental Health and Aging *(Healthy Aging Series)*
Laurie Young, Canadian Mental Health Association
Thursday, January 16
Location: CAB 365

Looking after our mental health, and that of those around us, is important at all stages of life. This session will explore some of the common mental health problems faced by older adults, tips for maintaining good mental health and resources available right here in Edmonton.

Financial Planning - Or How to Get Rich Slowly
Ron Graham, EFAP
Wednesday, January 22
Location: SAB 331

The information in this session is geared towards those in their 20s and early 30s and is intended to provide some basic financial planning knowledge. Net worth, cash flow, goals, savings, and investments will be discussed in order to help you answer the questions – “where am I now, where do I want to be, and how do I get there?”

Wills 101
Doris Bonora, Faculty of Law
Thursday, January 30
Location: CAB 357

We all know we *should* have a will. But what exactly does that involve? Join us to learn why having a will is so important, key considerations to remember when making a will and how to best ensure the job gets done correctly.

Bring your lunch and join us for these informative sessions. Seating is limited - please enroll through the LearnCentre. These sessions are listed under the Health and Wellbeing catalogue.

For information about the Lunch & Learn program, contact our office at org.health@ualberta.ca