



**Friendly to Seniors – Sudbury and the Sudbury Chapter of CARP present:**  
**A Roadmap for Informed Decision Making as You Age**

**Wednesday Dec. 3<sup>rd</sup> – 12.00 p.m. – Canadian Legion Branch 76 – Minnow Lake**

The presentation/workshop conducted by Elizabeth Macnab, Executive Director of the Ontario Coalition of Senior Citizens' Organizations, will discuss the tools and information needed for older adults to be independent during this stage of life. Examined will be how attitudes adjust or change when encountering new circumstances and what is relied upon to make or not to make decisions.

In the interactive session participants will learn from one another and discuss and share your thoughts and discover what options exist and how to make informed comfortable decisions. .

By the end of the presentation/workshop participants will learn:

- how other older adults in general deal with stressful or changing times,
- what they expressed is needed to make the best choice under the circumstances,
- how to make decisions to respond to stressful or changing times,
- what to know to deal with new situations,
- How to recognize the uniqueness of each person in the aging process, and,
- what options are important in making an informed decision as you age.

Note: Comments and feedback will be included in a project by the Ontario Coalition of Senior Citizens' Organizations to create a resource tool and process to help older adults their friends and families to deal with this critical part of life's journey.

**Note:** Complimentary lunch will be provided and attendance is limited to 60 persons. Please register by e-mail to [johnl.fdi@gmail.com](mailto:johnl.fdi@gmail.com) or call 705-507-6037.

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