

2021 ROTHESAY

Virtual Winter Speaker Series

Rothestay in partnership with Go Ahead Seniors presents the 2021 *Virtual Winter Speaker Series* beginning Thursday, February 4. Interviews will be available on the Rothestay Hive Facebook Page: www.facebook.com/groups/RothestayHive

Schedule & Speakers

- FEB 4**
6:00PM STAYING ACTIVE DURING THE WINTER
Paulette Haines, *Personal Trainer/Fitness Leader*
- FEB 9**
6:00PM ELDERDOG CANADA
Dr. Ardra Cole, *Founder of ElderDog Canada*
- FEB 11**
6:00PM THE IMPORTANCE OF MUSIC IN OUR LIVES
Chris Buckley, *Saint John String Quartet*
- FEB 16**
6:00PM NAVIGATING LIFE AFTER A STROKE
Taylor Devlin, *Heart & Stroke, Stroke Navigator*
- FEB 18**
6:00PM ANXIETY & DEPRESSION DURING A PANDEMIC
Ashley Delahaye, *Clinical Social Worker & Therapist*
- FEB 23**
6:00PM ART DURING THE PANDEMIC
Carol Taylor, *Artist & Writer*
- FEB 25**
6:00PM HOW IS YOUR FINANCIAL HEALTH?
Lindsay Palmer, *TD Wealth Investment Advisor*



Contact the Rothestay Hive:
Facebook: @RothestayHive
www.rothesay.ca/rothesayhive
506-847-6398

More Fundy Winterfest Activities:
Facebook: @FundyWinterfest



Healthy Active Living
Vie saine et active

