



Media Release  
Thursday, May 28, 2020

## **Better Living Month for Seniors Week 1 Workshops**

Throughout June, the Town of LaSalle and Life After Fifty have partnered to host "Better Living Month (at Home), Aging Stronger Together". This virtual event encourages those in the community age 50+ to explore their passions and discover new ones through fun and educational workshops.

The workshops scheduled the first week of June include:

### **Monday, June 1 - Organizing Hacks**

Everyone needs some advice about getting organized! Best-selling author and Clutterbug Philosophy creator, Cassandra Aarssen, will help you learn your unique organizational style, and give you organizing ideas on a budget.

### **Wednesday, June 3: Stretch and Flexibility**

Go with the flow, stretch and strengthen your muscles with a certified Fitness, Yoga and Pilates Instructor. The movements will help unlock tight joints and muscles. This is geared towards all levels. Dress comfortably and check your surroundings for tripping hazards, like rugs.

### **Friday, June 5: Computer and Smartphone Security**

Protect yourself from criminals! Learn about the best ways to protect your computer, tablet and smart phone from cyber criminals. This workshop will focus on passwords, password management, and the detection of fraudulent web sites, emails and text messages.

All of the sessions are free. They will take place from 9:00 am to 9:45 am every Monday, Wednesday and Friday throughout the month of June. The full schedule of workshops is available at [www.lasalle.ca/seniors](http://www.lasalle.ca/seniors)

Participants must register in advance online at [www.lasalle.ca/register](http://www.lasalle.ca/register) or by calling 519-969-7771, ext. 0. Login information for the sessions will be provided at the time of registration. Participants register for "Better Living", and then can take one or as many workshops as they choose. Thank you to Pathway to Potential and The New Horizons for Seniors Program for supporting "Better Living Month".

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For further information contact:

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