



Media Release
Thursday, June 11, 2020

Better Living Month for Seniors Week 3 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 third week of June include:

Monday, June 15: Meals Made Easy - Cooking From Your Pantry

Join this workshop to discover essential pantry items that can spark meal inspiration, tips and tricks on how to plan and prepare balanced meals in less than 15 minutes. There will also be ideas about incorporating frozen veggies and fruit into your meals.

Wednesday, June 17: Get Ready for Your Golf Short Game

PGA of Canada Class A Professional Golfer, Nancy McCann, will share expert tips on how to improve your chipping and putting technique. Have your questions ready to be answered by a golf pro!

Friday, June 19: Beer and Wine Pairings for BBQ Season

Just in time for BBQ season! Join this exciting workshop which will offer local and delicious wine and craft beer pairing suggestions.

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

Participants must register in advance online at 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".

-30-

For further information contact:

Patti Funaro
Recreation Manager,
Town of LaSalle
519-969-7771, ext. 4114
pfunaro@lasalle.ca

Dawn Hadre
Corporate Communication and Promotions
Officer, Town of LaSalle
519-969-7770, ext. 1253
dhadre@lasalle.ca