

Monday October 18
8:45 to 10:15 a.m.

Online Health & Nutrition Info for Older Adults

This workshop will show you how to find accurate, reliable health & nutrition information online for older adults by the utilization of different internet tools and social networking sites.

You will learn:

1. Finding rather than just searching for pertinent, accurate health information
2. Utilization of many different tools and social networking sites
3. How to tell if it is a credible website

Ken Russell is the webmaster for the Guelph Wellington Seniors Association and has over twelve years computer instruction to older adults. He has gained insight into what training seniors need for basic and complex computing tasks.

Holly Reimer is a consulting dietitian at the Evergreen Seniors Community Centre in Guelph. She is also working toward a PhD in applied human nutrition at the University of Guelph. Her focus areas in practice and research are health promotion and chronic disease management for older adults in the community, and improving mealtime care for long term care residents with dementia.