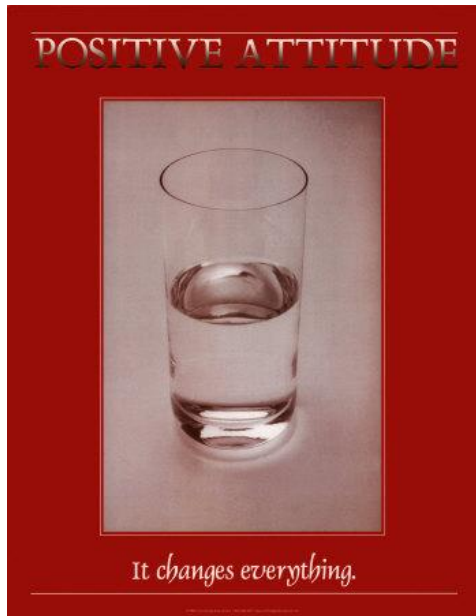


*Tantramar Seniors' College: Course Outline*

# “Thoughts on How to Care for Ourselves”

*Instructor: Dr. Manju Abeysekera*

**(Winter Session)**



This course will be comprised of 4 classes in the winter session, 2010. Classes will be held on Thursdays, January 20, 27, February 3, 10<sup>th</sup> from 7:00 to 8:30 pm. They will be in the Bird Room at Trinity-St. Stephen's United Church.

There will be four presentations on these topics will be covered:

- Positive Thinking
- Mindfulness
- Anesthesia snippets
- Medications and the Seniors

Dr. Abeysekera is an Anesthesiologist who practices at the Sackville Hospital and the Cumberland Health Centre. He will provide some insights into healthy lifestyles and attitudes which will enhance the quality of life. He will also talk about medication concerns as they apply to seniors.

Dr. Manju Abeysekera can be reached at: [msabeysekera@gmail.com](mailto:msabeysekera@gmail.com) or 902- 661-3393.

**Storm Policy:** No classes when schools are closed in Amherst

**Scent-Free:** Some people are very sensitive to perfume and other scents. Please respect a scent-free environment by not using scented products. Thank you.

**Attendance/Absenteeism:** Our instructors are volunteers who work very hard putting courses together. Your cooperation is appreciated in letting them know if you are unable to attend classes as most instructors plan for the number of students registered in the course. If circumstances change between registration and the first class, or if you decide to withdraw after the first or second class, please e-mail the coordinator at [tsccoordinator@nbnet.nb.ca](mailto:tsccoordinator@nbnet.nb.ca) or call her at 506-364-2780. Many courses have a wait list and this could allow someone else to take your place.