



# FREE Health and Wellness Lecture Series

Presented by: **The North Shore Health & Wellness Advisors**

**Dr. Brian Davies ND** | Naturopathic Doctor and Owner of Westcoast Integrative Health

**Sharon Pocock** | Orthodontics Office Manager at Smiles by Pocock

**Chris Rothfelder** | BCRPA Certified Personal Trainer & Fitness Leader in Weight Training and Manager at Team Fitness

**Margot C. Ware RN BScN GNC(c)** | Certified Gerontological Nurse and Owner of Shylo Nursing and Home Healthcare

**7:00-8:00 pm on the 3<sup>rd</sup> Thursday of each month  
at the John Braithwaite Community Centre**

## Dates and Topics:



**May 16<sup>th</sup> Depression – Are you S.A.D.?** A discussion of modern treatment options for depression presented by Dr. Brian Davies and Chris Rothfelder.



**June 20<sup>th</sup> Oral Health Solutions for Older Adults** Common Oral Health challenges and treatments to be presented by Sharon Pocock and Margot Ware.



**July 18<sup>th</sup> Diet and Nutrition for Seniors** A dialogue on common nutritional challenges and solutions presented by Dr. Brian Davies and Margot C. Ware.



**Aug 15<sup>th</sup> Elder Care and Rehabilitation** Chris Rothfelder and Margot C. Ware present healthy options for those involved in Elder Care or Rehabilitation.

**Location: John Braithwaite Community Centre (Anchor Room)**  
145 West 1<sup>st</sup> Street, North Vancouver, BC

**Time: 7:15 pm on the 3<sup>rd</sup> Thursday of each Month**  
Doors open and Light refreshments available at 7:00pm.



**For more information, or to reserve your spot,  
call 778-340-1114 or email [NorthShoreWellnessAdvisors@gmail.com](mailto:NorthShoreWellnessAdvisors@gmail.com)**