



**The Amherst Police Department
&
Cumberland County Seniors Safety Program**

Proudly present:

**The Police and Senior's Safety
Academy**

In partnership with Furlong~Jones Funeral Services, this exciting & FREE program is designed to give our residents (55 and up) the chance to learn hands-on about issues important to their health, safety and independence. It's also a lot of fun!

A variety of topics will be covered, such as:

Tai Kwan Do

YMCA Programs for Seniors

Economical and Nutritious Eating

Computer and Internet Safety

Power of Attorney and Wills

Protecting Your Funeral Plans

The workshops will be held at Furlong~Jones Funeral Services, 70 Church Street, Amherst, NS and will run for 6 Wednesdays, October 11th—November 15, 2017.

All workshops will run 9:30—11:30 am with a lunch provided by Furlong~Jones Funeral Services.

**To sign-up or for more information, please contact: Ray Bristol,
Seniors Safety Coordinator at 902-667-7484**