



Live Well Showcase

A TRADE SHOW FOR ACTIVE AGING
Lethbridge Senior Citizens Organization



CORNERSTONE
FUNERAL HOME Ltd.
Honoured to Serve

is proud to be the major sponsor of the
6th Annual Live Well Showcase
*The Caring Cornerstone
of your Community*

Pull Out Insert and Save

Thursday, May 3rd
10 am - 7 pm
Friday, May 4th
10 am - 3 pm
Free Admission

Live Well Showcase Speakers
Speakers presented by Hosack Denture Clinic

Thursday, May 3rd ~ 11:00 am
Travis Zentner & Bryan Watts –
Cornerstone Funeral Home

Are your affairs in order? Are you running the risk of leaving your family in a state of turmoil, confusion and disarray after your time of passing?
Come talk with Travis & Bryan about how to relieve the anxiety for your family surrounding the complexities of a life well lived. Together, you can discover the benefits to planning ahead.

Thursday, May 3rd ~ 3:00 pm
Dr. Philip E. Jaffe, MD – Gastroenterologist
“Living with your Maturing Gut: what to expect when you are not expecting problems”
Dr. Jaffe will be speaking about common conditions that affect the normal function of the esophagus, stomach, small intestine, colon and rectum and pancreas. This includes acid reflux, indigestion, peptic ulcer, gallbladder and pancreatitis disorders and diverticulosis.

Friday, May 4th ~ 11:00 am
Tyler Brack, Travis Zentner, Doug Alger –
Proper Estate Planning

Be confident that you’ve taken care of your family and estate with tax, legal, and funeral preparations now. It can be easier – and cheaper – than you think!
Professionals from Alger Zadeiks Shapiro LLP, Avail CPA, and Cornerstone Funeral Home will share key aspects of your preparation: Planning now will give you the confidence and peace of mind that you’ve made things easier for your loved ones. You’re invited to attend this information session to learn how simple this process can be.

Friday, May 4th ~ 1:00 pm
Lindsay Blackett – President of Canadian Cannabis Chamber of Commerce
Mr. Blackett will give an overview on Cannabis. He will also speak on the legislation and regulations going on at the three levels of government across the country and the benefits and pitfalls associated with them.

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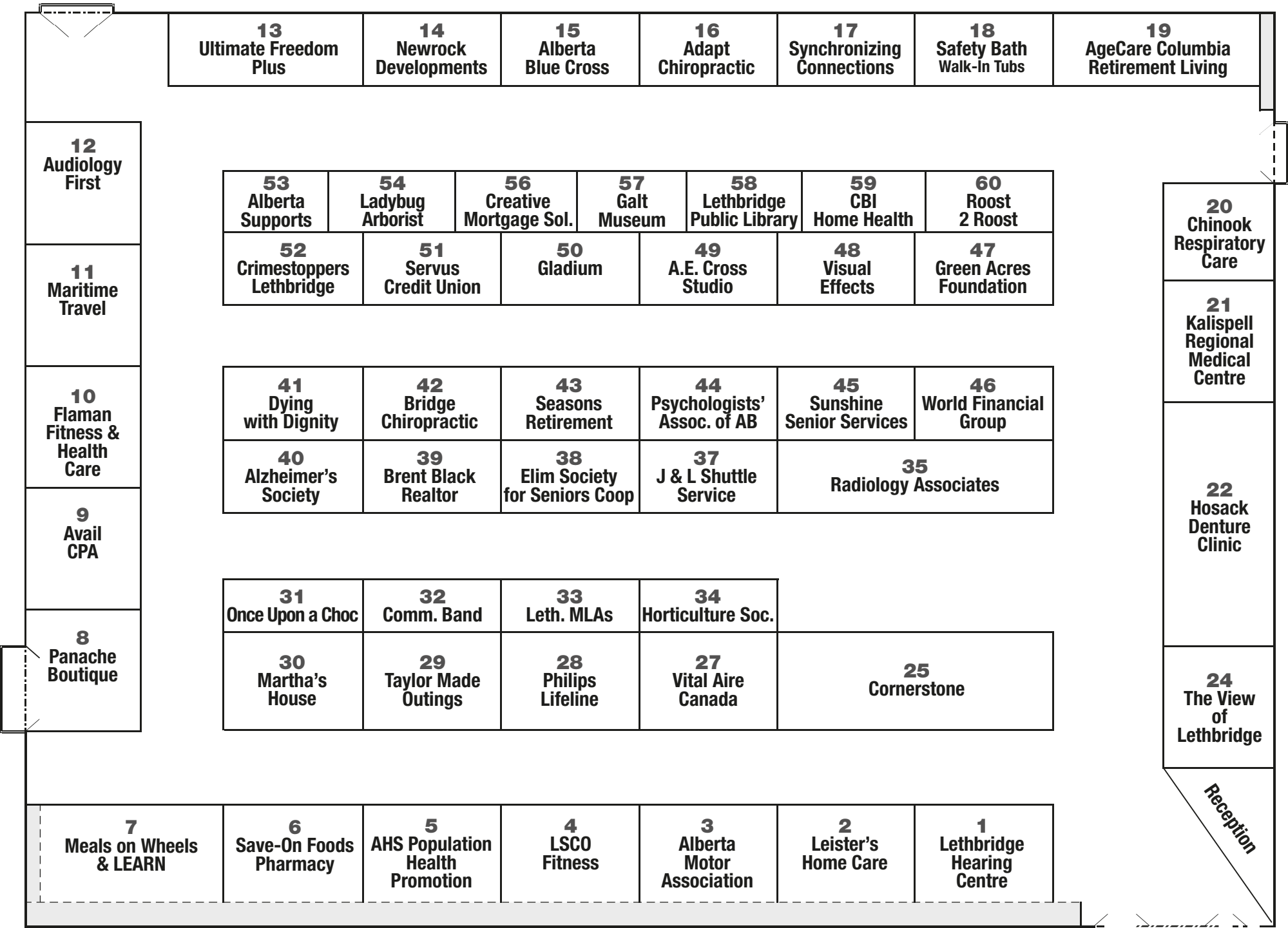
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Exhibitor	Booth #	Exhibitor	Booth #
Adapt Chiropractic	16	Lethbridge Hearing Centre	1
AE Cross Studio	49	Lethbridge Horticultural Society	34
AgeCare – Columbia Assisted Living	19	Lethbridge MLAs	33
AHS – Population Health Promotion	5	Lethbridge Public Library	58
Alberta Blue Cross	15	LSCO Programs	4
Alberta Motor Association	3	Maritime Travel	11
Alberta Supports Lethbridge (AB Gov’t)	53	Martha’s House	30
Alzheimer Society of AB & NWT (Lethbridge)	40	Meals on Wheels – LSCO	7
Audiology First	12	NewRock Developments	14
Avail CPA	9	Once Upon a Chocolate Chocolatiers Inc	31
Bridge Chiropractic	42	Panache Boutique	8
CBI Home Health	59	Philips Lifeline	28
Chinook Respiratory Care	20	Psychologist’s Association of Alberta	44
Cornerstone Funeral Home	25	Radiology Associates	35
Creative Mortgage Solutions	56	Remax Real Estate-Lethridge, Brent Black	39
Direct Dental Hygiene	61	Roost 2 Roost	60
Dying With Dignity Lethbridge	41	Saftey Bath Walk-in-Tubs	18
Elim Village	38	Save On Foods	6
Flaman Fitness & Healthcare	10	Season’s Lethbridge Gardens	43
Galt Museum & Archives	57	Servus Credit Union	51
Gladium	50	Southern Alberta Crimestoppers	52
Green Acres Foundation	47	Sunshine Senior Services	45
Green Team Health Clinic	63	Synchronizing Connections	17
Heather McCuaig	69	Taylor Made Outings	29
Hosack Denture Clinic	22	The View at Lethbridge	24
J and L Shuttle Service	37	Ultimate Freedom Plus	13
Kalispell Regional Health	21	Visual Effects – Eye Clinic	48
Ladybug Arborists	54	Vital Aire Canada	27
Leisters Home Care Equipment	2	World Financial Group	46
Lethbridge Community Band	32	Vibrant You Hyperbarics	64
Lethbridge Elder Abuse Response Network	7	voxxlife	71
		Young Living Essential Oils	66

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Did you know? LSCO serves breakfast from
8:00 am – 1:00 pm from Monday to Friday.

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Vibrant You Hyperbarics

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Young Living Essential Oils

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City of Lethbridge Parking Technology

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Heather McCuaig

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Green Team Health Clinic

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Direct Dental Hygiene

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Water

Walkway to Dining Room

Entrance to Dining Room

Entrance to Stage Area

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**KALISPELL REGIONAL
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The Live Well Showcase is a very professional trade show for Seniors, and features over 70 exhibitors as well as some very interesting speakers. It will be held May 3rd & 4th at the Lethbridge Senior Citizens Organization. This show features all the aspects of “active aging”.


Ralph Zentner, owner of Cornerstone Funeral Home, is again honoured to be the major sponsor of this event. “We are proud to be involved in the sixth annual showcase and firmly believe that educating yourselves and being prepared for your future is vital.”

Cornerstone is an avid community supporter and realizes the importance of those in the community who are here to help. With the focus on education, presentations are available during the Showcase for those who wish to attend.

Admission is free and the Showcase takes place at LSCO, 500 11th Street South, Thursday, May 3rd from 10:00 am to 7:00 pm and Friday, May 4th from 10:00 am to 3:00 pm.

On Thursday evening from 5pm – 7pm the attendees will be able to partake in a fabulous meal prepared by the dining room staff. Entertainment will be provided by the Big Brass Quintet from the Lethbridge Community Band. All this for an amazingly low price of just \$18 per plate in advance or \$20 at the door.

Rob Miyashiro, Executive Director of LSCO, thanks all of the sponsors, vendors, the staff and volunteers for their support in this very worthwhile information session and fund raising effort. Learn about the services and opportunities that are available to everyone as we age. Anyone over 50 will get a GREAT DEAL out of this special event, whether planning for their own future or assisting loved ones. Don't miss it.



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