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Peel Fountain of Wisdom Senior Services (PFWSS) Launches *Learning Together: Seniors from Diverse Caribbean Communities in Peel Talk About Health*

Did you know...?

- Certain health concerns affect the diverse Caribbean and other ethnic populations in greater numbers?
- Health ailments can limit seniors' independence, and ability to connect socially with others?
- Education on common health issues – for example, diabetes, arthritis, heart and stroke disease and dementia – can greatly reduce the impacts these ailments have on our day to day lives?

“It is for all these reasons that Peel Fountain of Wisdom Senior Services commenced the *Learning Together: Seniors from Diverse Caribbean Communities in Peel Talk About Health Project*” says Leila Bridgewater, President Peel Fountain of Wisdom Senior Services (PFWSS).

“Funded by the Government of Ontario’s Seniors Community Grant Program, and sponsored by the Social Planning Council of Peel, this project will offer 6 learning series sessions on seniors and health topics between now and March 2015” adds Bridgewater.

Throughout the project, PFWSS will invite Peel-based seniors from the Caribbean, other diverse communities and their caregivers to come together to learn about common health issues impacting seniors. “Health ailments such as diabetes, arthritis and heart and stroke disease affect all of the aging population,” says Project Manager Jacqueline Benn-John. “But what people don’t often realize is that some health concerns affect the Caribbean and other ethnic populations in greater numbers. For example, Type 2 diabetes is up to three times more likely among African and Caribbean people than the white population.” “The good news is that learning about ailments such as diabetes, arthritis, heart and stroke disease and dementia can greatly reduce symptoms and complications, thus promoting better health” says Bridgewater.

The *Learning Together: Seniors from Diverse Caribbean Communities in Peel Talk About Health* project will host workshops on these topics for seniors, commencing in December 2014. Information on cooking, culture and nutrition, and the opportunity to socialize with other seniors will also take place at the sessions.

To learn more, contact Project Manager Jacqueline Benn-John at pfwssseniorshealthproject@gmail.com or (416) 894-6791.

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Media Contact:

Jackie Benn-John, Ph.D. Candidate

Learning Together: Seniors from Diverse Caribbean

Communities in Peel Talk About Health Project Manager

Peel Fountain of Wisdom Senior Services

Phone: (416) 894-6791, Email: pfwssseniorshealthproject@gmail.com

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