



Focus Disability Network Meeting

Date & Time: Thursday, March 25, 2010
9:00 A.M.

Location: **Communitas Supportive Care Society**
103-2776 Bourquin Cresc. W
Abbotsford, BC
Tel: 604-850-6608

9:00 – 9:15 **Introductions, program updates**, information on new or changing community based programs or initiatives that are part of providing services to people with disabilities.

9:15 – 10:15 **Debbie Thompson** from **Fraser Health**, will host an interactive discussion on how to use medication, managing metabolic side effects, and smoking cessation. Her expertise is particularly in the field of Mental Health.

10:15 – 10:30 Information will be presented on the following:

- Abbotsford's Free Dental Clinic
- Ergonomic Workplace Checklist
- Dial-a-Dietitian
- Audiology in Abbotsford

10:30 – 10:45 **REFRESHMENT BREAK**

10:45 – 11:15 **Jim Kelly** of **Maple Ridge Mental Health** will highlight early warning signs of stress, self-care of the service provider and caregiver, and addiction prevention.

11:15 – 11:30 **Cyndie Anderson, FDN Board Co-Chair**, will highlight May 19th Spring Expo, which is combined with the morning FDN meeting. Learn more about the Disability Confidence Lunch & Learn program as well, designed to increase business owners' confidence hiring persons with disabilities.

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