

# You're invited to join our CORE FRAILTY SERIES

You are invited to join CORE Alberta's first ever collaborative series hosted by the CORE Groups.  
The series unites and showcases each group's unique perspective on **Frailty**.  
Please find additional information below and register for the sessions by clicking the [Learn more](#) links.

**CORE  
CAREGIVERS  
GROUP**

**Date:** November 16, 2021 at 12-1 PM  
**Theme:** Building Resilience Against Frailty in Seniors

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**CORE FALLS  
PREVENTION  
GROUP**

**Date:** December 7, 2021 at 11 AM-12 PM  
**Theme:** Frailty & Falls Prevention: Nutrition, Physical Activity & Functional Mobility

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**CORE ELDER  
ABUSE GROUP**

**Date:** January 18, 2022 at 10:30 AM-12 PM  
**Theme:** Ageism, Stigma, and Assumptions around Frailty

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**CORE AGE-FRIENDLY  
COMMUNITIES  
GROUP**

**Date:** February 15, 2022 at 11 AM-12 PM  
**Theme:** Frailty in an Age-Friendly World

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**CORE  
INTERGENERATIONAL  
LINKAGES COMMUNITY  
OF PRACTICE**

**Date:** March 8, 2022 at 11 AM-12 PM  
**Theme:** More Connection, Better Health - Addressing Emotional Frailty through Intergenerational Programming

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**Celebratory Wrap-Up of the Frailty Series!**

Hosted by Healthy Aging Alberta  
**Date:** April 5, 2022 at 10-11:30 AM

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**[LEARN MORE ABOUT THE SERIES AND REGISTER FOR THE SESSIONS HERE](#)**

If you have any questions, please email  
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