

Age Friendly Spring Wellness Day Evaluation

Handed out 60 – 56 returned

1) Did you attend our last Age Friendly Wellness Day (October 2023)?

YES 26 NO 27 UNSURE 3

2) Did you enjoy the speakers and find the topics today informative?

YES 54 NO MAYBE 1

Suggestions for future topics?

- Nutrition – Scams – House plants – Diabetic – COPD – Fitness for seniors – Anything, stretch our imaginations! – Steps to follow when someone passes

Yellow Sleeve information was lacking

3) Was the location suitable for you?

YES 56 NO MAYBE

Was there anything that was really good about it or not so good?

- Excellent, easy access, no stairs, good sound system, nice chairs, lots of room and comfortable, nice and bright, welcoming & uplifting, bathrooms excellent

4) Did you enjoy the lunch?

YES 56 NO MAYBE

Lunch was; very good, excellent, just right, most delicious, great soup, nice hot soup, prefer sandwich rather than bun,

Other Comments: Speakers were very good. I found all the topics helpful. Very informative. Job well done. All interesting. Couldn't be better. Opportunity to socialize, useful appropriate information. It was a great morning.

5) How did you hear about our Wellness Day?

Facebook 21 Poster 10 Newspaper Ad 13 Webpage 3

Invitation 18 Friend 20 Radio Ad 6 Swift Current Online 4

Age Friendly Shaunavon 5 (coffee chat, in person, email, LTC)

Sign at rink 1