

Please find included the items discussed at the D/UHR Benefits workshop for your interest.

**Bonus Presentations:**

- [How to ensure medications are helping, not harming](#) - Presentation by Camille Gagnon, PharmD, Assistant Director -Canadian Deprescribing Network
- [Joint nutrition: at all ages](#) – Presentation by Anya Rampersad, CNP - the Well Nest

**D/UHR materials:**

- [Recording of the 2020 Virtual DHR workshop](#)
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**Additional Resources**

- Check out the [Canadian Deprescribing Network Virtual Medication Safety Toolkit!](#) Resources are available in English and French.
- Dr Nathan Stall's article '[How coronavirus could forever change home health care, leaving vulnerable older adults without care and overburdening caregivers](#)'
- Assessing inflammation checklist and golden milk latte recipe card (Attached)- Resource by Anya Rampersad, CNP, The Well Nest
- [Yoga Exercises](#)