



Cannabis & Aging

UNDERSTANDING YOUR OPTIONS

Wondering if cannabis is right for you?

Interested in using cannabis products, but don't know where to start?

Are you or your loved ones feeling overwhelmed trying to understand it all?

Cannabis for Seniors is here to help!

Clear, independent cannabis education for mature adults, caregivers and families

- No pressure, No advertising, No sales pitch.

A comfortable place to start

Since legalization, cannabis information has become more available—but not always clearer. Long-held beliefs, unfamiliar terms and mixed messages can make it hard to know what to trust. This 60–75-minute session offers clear, practical education to help you look beyond common myths, build on what you already know and understand your options. There is plenty of room for questions.

WHAT WE'LL COVER

- THC and CBD - what they are and how they differ
- Oils, edibles, flower and other common formats
- Labels, potency and why dose matters
- Effects, concerns and safer-use basics

QUESTIONS WORTH ASKING

- How might age change sensitivity to cannabis?
- What about medications and possible interactions?
- How do I discuss cannabis with my healthcare provider?
- How can I recognize reliable information?

What participants can expect

No products are sold or promoted. Sessions are educational, judgment-free and welcoming to complete beginners, people returning to cannabis after many years, caregivers and curious family members. Where the evidence is uncertain, that uncertainty is explained clearly.

15+ YEARS CANNABIS EXPERIENCE • FORMER KINESIOLOGIST • CERTIFIED GANJIER • EDUCATOR & SPEAKER

Meet Matt

Matthew Jerome is a cannabis educator and former kinesiologist with more than 15 years of experience in medicinal cannabis, patient support, cultivation and public education. He is also Canada's first fully certified Ganjier.

Matt and his family recently made Burlington home. His goal is simple: make cannabis easier to understand, answer questions without judgment, and help people feel more confident making informed decisions. He is here to educate - not to sell or persuade.



"I'm not here to sell you cannabis. I'm here to help you understand it."

INTERESTED IN HOSTING A CONVERSATION?

Cannabis for Seniors • cannabisforseniors.ca • matt@meristemcannabis.com

Educational programming only. This session does not replace individualized medical advice.