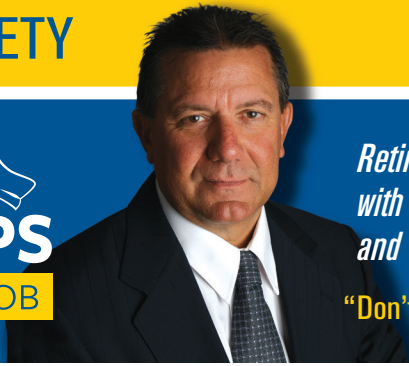


SENIOR SAFETY TIPS

WITH SERGEANT BOB



Retired Police Sergeant Bob Paterson works closely with The McLennan Group Insurance Inc. to develop and share practical safety tips for Canadians 50-plus.

“Don’t gamble with your safety. The stakes are too high.”

Recreational Cannabis: A Summary for Seniors

Changes to Federal and Provincial Statutes in October 2018 can allow for the legal possession / use of cannabis inside Canada. This brief overview will help you move forward with accurate information.

- Cannabis health questions and concerns must be discussed with your health care provider; don’t rely on friendly advice and well-intended anecdotal stories.
- You should research BOTH provincial and federal laws. For example, possession of up to 30 grams is limited to 18 years and older by federal statute, but 19 years and older in Ontario. Double check your own provincial laws. Municipal laws can also regulate retail sales at a local level.
- Medical or recreational use purchases **MUST** be made at a legal authorised outlet - make sure there is an official excise stamp on packaging.
- At this time, cannabis concentrates and edibles are not legal.

- Up to four marijuana plants can be privately grown.
- Driving impairment by cannabis is just as dangerous as impairment by alcohol, and it carries the same penalties. Roadside drug recognition, evidence gathering, court testimony and sentencing is well established. Never use cannabis and drive, don’t be a passenger in a car driven by a person who has used cannabis.
- **Traveller / Snowbird Alert:** it is illegal to travel out of, or into Canada with recreational cannabis regardless of the laws at your destination.
- **For comprehensive information:** the Government of Canada explains cannabis laws, use, possession, cultivation, and distribution. Visit: <https://www.canada.ca/en/services/health/campaigns/cannabis.html>
- **Ontario Cannabis Store:** be aware that products and information are restricted to adults aged 19 years and older. Visit: <https://ocs.ca>

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Please visit online for additional safety tips and a list of seminars for Canadians 50-plus.

Find Sergeant Bob Online: www.seniorsafetytips.ca

