

# Healthy Brain, Happy Life

## Seniors Information and Active Living Fair

Tuesday, March 26, 2019

9:30 am - 3:30 pm

(Doors open at 9:15 am)



Central Eglinton Community Centre

Location: 160 Eglinton Avenue East (at Redpath)

### FREE Seminars (*Choose 2*):

#### Memory & Aging

Dr. Nicole Anderson, Baycrest, University of Toronto

#### Overview of Alzheimer's Disease and Other Dementias

Nicole Gardner, Alzheimer Society Toronto

#### Introduction to Mindfulness

Sasha Whiting, Vibrant HealthCare Alliance

**FREE Lunch** (while quantities last)

**FREE Trade Show**



In partnership with

**OACAO**

The Voice of Older Adult Centres  
La voix des centres pour aînés

Sponsored by

Ontario  
Ministry for Seniors and Accessibility

For more information, please phone 416-392-0511, ext. 228,  
or email [olderadults@centraleglinton.com](mailto:olderadults@centraleglinton.com).