

# Healthy Brain, Happy Life

## Seniors Information and Active Living Fair

Tuesday, March 31, 2020

9:30 am - 3:30 pm

(Doors open at 9:15 am)



Central Eglinton Community Centre

160 Eglinton Avenue East (at Redpath)

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

#### Memory & Aging

Dr. Nicole Anderson, Baycrest, University of Toronto

#### Fatigue Management

Sasha Whiting, Vibrant Healthcare Alliance

#### Fall Prevention

Hatsue Knight, Vibrant Healthcare Alliance

### FREE Lunch (while quantities last)

### FREE Trade Show

### FREE Hearing Health Corner

Hearing Solutions



In partnership with

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

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