

EXPLORE

the Body, the Mind and Technology



Date: Saturday, October 22, 2022

Time: 8:30 am – 3:00 pm

**Location: Thunder Bay 55 Plus
Centre Auditorium**

***Lunch provided free of charge**

Learn about:

- the science of the body and mind
- how stress can impact both the body and mind
- preparing healthy meals with strategies to make cooking safer, easier, and more enjoyable
- accessibility features built into your cellphone and tablet
- scams and frauds that can affect you emotionally and financially

For more information or to register for the workshop, please call Corinne at 684-3276.



Funding provided by:



Older Adult Centres' Association of Ontario
Association des centres pour aînés de l'Ontario
OACAO
The Voice of Older Adult Centres
La voix des centres pour aînés

