



Healthy Living Matters

Tuesday, February 7, 2023

RSVP by calling 416 733.4111
and ask for the Program Office

Virtual Seniors Active Living Fair 2023

10:00 am - 10:15 am: **Opening Remarks**
NYSC host, with guest appearances from Honourable Stan Cho, MPP & Honourable Raymond Cho, Minister for Seniors & Accessibility

10:20 am - 11:05 am: **Canada Pension Plan, Guaranteed Income Supplement & Old Age Security Updates**
Presented by Service Canada

11:10 am - 11:50 am: **Medication Management (in Korean)**
Presented by Anna Kim, Pharmacist

11:55 am - 12:45 pm: **Falls Prevention**
Presented by Lifeline Canada

12:45 pm - 12:55 pm: **Break**

1:00 pm - 2:00 pm: **Tax Benefits & Credits for 65+**
Presented by Canada Revenue Agency

2:05 pm - 2:15 pm: **Break - Positivity Corner**

2:20 pm - 3:00 pm: **Healthy Bones Demonstration**
Presented by Karen

3:05 pm - 3:50 pm: **Senior Scams**
Presented by the Toronto Police Services

3:55 pm - 4:00 pm: **Closing Remarks**
NYSC host

All are
Welcome!

All sessions are FREE.
Simply call NYSC to RSVP and register.

Hosted by North York Seniors Centre

in partnership with the Older Adult Centres' Association of Ontario (OACAO) with funding provided by the Government of Ontario.

OACAO

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

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Ontario