



PREVENTATIVE MEASURES AND BRAIN HEALTH
SENIORS ACTIVE LIVING FAIR



Wednesday, February 28, 2024

9:30 am – 3:30 pm

(Doors open at 9:15 am)

CENTRAL EGLINTON COMMUNITY CENTRE

FREE SEMINARS:

Dr. Nicole Anderson – Brain Health & Wellness

Linda Ta, Mahsa Sadr Ghadar Ghadr – Diabetes Awareness & Prevention

Mary Shkoury - Elder Abuse Awareness & Prevention

Steffi Black – Qigong & Aging Well

FREE LUNCH

(while quantities last)


In partnership with

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

Funding provided by

Ontario 

**For more information, contact Stacey at
416-392-0511, ext 237 or email olderadults@centraleglinton.com**