

YORK-FAIRBANK CENTRE FOR SENIORS

SENIORS HEALTH FAIR

Fairbank Memorial Community Centre

2213 Dufferin Street (Dufferin & Eglinton)



“HEALTHY LIVING”

Wednesday February 28th

Fair Registration: 11:00am - 11:30am

Fair: 11:30am - 3:30pm

*Please enrol no later than February 21st (with a \$3.00 registration fee)

*All registration fees will support Seniors food security programs.

*Exhibitors *Door Prizes *Speakers *Lunch provided

Speakers for the Event:

Jasvinder Seehra

**Mental Health Consultant with Seniors Mental Health Service
West Park Healthcare Centre
Topic - “Living with Dementia”**

**Sheldon Parker - Lecturer - 42 year Legal Career
Topic - “Tips for a Happy Retirement”**



For More Information, please call - 416-651-8300



Sponsored By:



Older Adult Centres' Association of Ontario
Association des centres pour aînés de l'Ontario

OCAO

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