



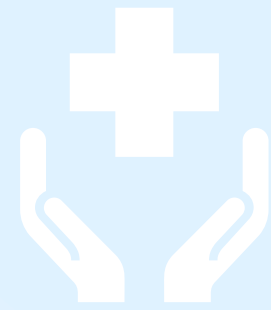
# ***Kanata Seniors Council*** **HEALTH FAIR**

**Saturday, October 19**

**at the Kanata Seniors Centre  
2500 Campeau Drive, Kanata  
9:00am to 3:00pm**

**Come to the Council's Health Fair  
and explore new ways to improve  
your physical and mental health.**

***Clinics require an appointment. Contact the  
front desk  
Phone: 613-580-2980***



## **Get Free Screenings & Information**

***Heart Valve Disease***

***Medication Safety***

***Mental Health***

***Community Health Resources***

***Keeping Fit***

***Blood Pressure Clinic***

***Foot Care Clinic***

***Hearing Clinic***

Thank you to our sponsors: Brookside Senior Living, Ottawa Hears, Solva Senior Living, The Bradley, Waterford Grand, Wellings of Stittsville, Wildpine, All Seniors Moving, Carp Commons, Freiheit Home Care, Lifeline Canada, Red Oak, Robertson House, Timberwalk, Ideal Caregivers 4u



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