



THINK WELL, FEEL WELL
SENIORS ACTIVE LIVING FAIR

Wednesday, February 26, 2025

9:30 am – 3:30 pm

(Doors open at 9:15 am)

CENTRAL EGLINTON COMMUNITY CENTRE



FREE SEMINARS:

Dr. Shilpi Gupta – Stay Sharp to Age Well

Luciana Garolla, Ph.D and Amita Bhise - It's Your Brain That Hears, Not Your Ears

Jane Teasdale- The Importance of Personhood & Creating Social Communities

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 Griffith at
416-392-0511, ext 237 or email olderadults@centraleglinton.com**