

SENIORS HEALTH EDUCATION

IN-PERSON AT CENTRE 55

Stay healthy, live happy: Easy tips for seniors!



Join us at Community Centre 55 to:

- Discuss what affects health as we age
- Learn simple ways to make small changes for better health
- Get new topics every week/session like cooking on a budget, healthy mind in a healthy body and more!

Registration is required as there is a capacity limit.

Where: Community Centre 55 - 97 Main Street



When: Fridays: April 12th and May 3rd, 2024 from 2:00 PM – 3:00 PM

Topics: April 12th – Brain Games and May 3rd - Shopping/cooking on a budget

Contact: **Sudha** at 416-778-5805, extension 218, or
Jade at 416-691-1113, extension 224

Offered in partnership with:



Community Centre 55



**Ontario
Health**

Programs are free and open to everyone.

For more information, visit www.eastendchc.on.ca