



Presents a workshop on

Healthy Aging



Attend this group class and learn about:

Vaccinations

Falls Prevention

Medication Safety

Presented by a **Doctor, a Pharmacist & Social Worker.**

Wednesday Sept 18, 2024 ~ 12-2pm 245 Dixon Rd.

Snacks will be provided for all in person classes.

Call 416-740-2810 or 647-342-8266 to register.

Or register online @ hrfht.com