



Presents a workshop on

Healthy Aging for Adults 55+



**Wednesday July 10 from
12:30 to 2:30pm**

Hosted by

York West Active Living Centre

1901 Weston Rd @ Lawrence Ave, Main floor



Learn how to maintain your mobility, reduce your isolation and guide you towards your best health.

Everyone is welcome

Snacks will be provided

Facilitated by a Registered Nurse and Registered Social Worker

To register or for additional information please call

416-740-2810 or 647-342-8266

Transportation available for a fee, call York West Active Living Centre 416-245-4395 x226

Humber River Family Health Team www.hrfht.com