

Calling all Baby Boomers



**FREE seminar series focusing on the issues
that matter to Boomers!
(55-75 years young)**

Sleep

Stress

Fun Physical Activity

Mediterranean diet

& did we mention have fun?

Seminars start Jan. 22 - Feb 19th from 1-2 pm @ 25 Joseph Street.

Call 519 578 2100 ext 207 to register.

Facilitators: Sharon Dillon-Martin (Social work) and Marg Alfieri (Dietitian)