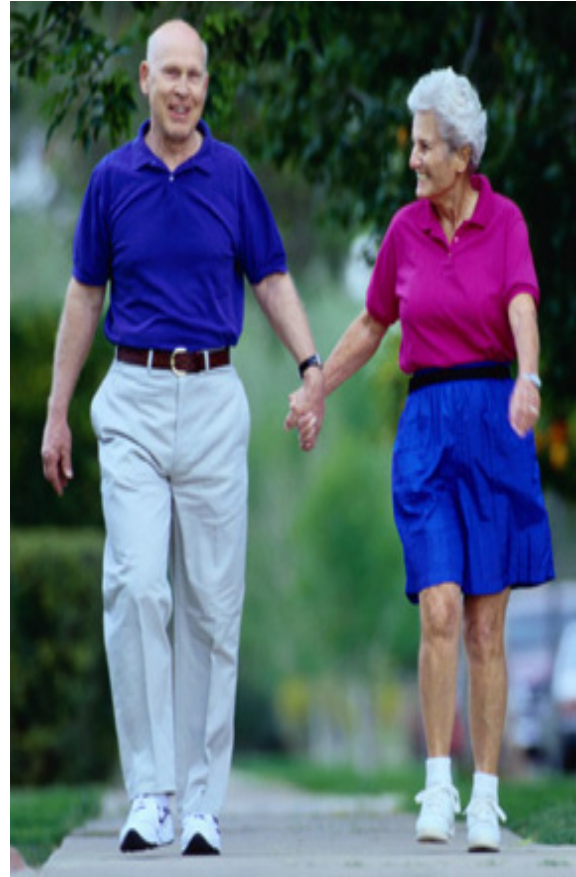


# Aging and Living Well

**As part of our Wellness Program we are offering our second information session. This program is offered in partnership with the Laurentian Women's Institute.**

**Mobile Geriatric Hospital Team will present information on:**

- ◆ **20 top tips for aging and living well**
- ◆ **How to prevent falls and injury**
- ◆ **Lifeline and community supports**



**Date: June 1, 2010**

**Time: 6:30–8:00 pm (light lunch provided)**

**Location: Cobden Municipal Hall, 44 Main Street**

**Guest Speakers: Dr. Jenn Becker  
Erika Sykora, Physiotherapist  
Kim Canning, Occupational Therapist**



**Another Community Program from**  
Whitewater Bromley Community Health Centre Satellite



Every One Matters.