

AGE POWERFULLY

Learn how to

Treat yourself well.

Join us



Speaker: Raluca Petridis and Ambreen Rana of Wellwise

- Content:**
- How else can we achieve Healthy & Active Aging?
 - How to empower to age with strength, determination and passion, and to help us stay active and well?
 - What experiential and educational elements that helps to active our lifestyle of today's demographics?
 - What are the dimensions to wellness?
 - What is the best that can help physical wellness?
 - What are the high-quality health and wellness-focused products?
 - What products and specialized services that meet our daily living needs?
 - Knowing what are the resources you have that are available through government funding and how the process works?

You, your family members and friends are all welcome to attend



This presentation is held:

Date: Saturday, August 17, 2019
Time: 9:00am – 10:30am
Place: Activities Room 2/3 at 2/Floor
Angus Glen Community Centre
3990 Major Mackenzie Dr. E.