

Did you know that November is Falls Prevention Month?



Come out and join us for a day of
“free” falls prevention and wellness
activities & information
(You don't have to be a member to attend)

Hillsview Active Living Centre,
9-318 Guelph Street, Georgetown
905-877-6444

Friday November 20th, 2015

Doors open at 10:00 am

Opening Ceremonies 10:30 am - dignitaries

Snacks & Lunch provided

Highlights

Time	Room 11	Time	Room 12
11:00 am	Fraud Prevention presented by SALT	11:00 am	Dance Fitness Demonstration
12:00 pm	“Get Your Money” by the Ministry of Finance	11:30 am	“Sustainability Plan” - Jennifer Spence Town of Halton Hills
1:00 pm	“Finding Your Way” By Alzheimer Society	12:30 pm	Bone Builder Demonstration
2:00 pm	Active Aging and Volunteerism By Volunteer Halton	1:00 pm	Yoga Demonstration
		1:30 pm	Age Friendly Communities presented by Heather Thompson
		2:30 pm	Walk Fitness Demonstration