

PEEL FOUNTAIN OF  
WISDOM SENIOR  
SERVICES



## ***Learning Together: Seniors from Diverse Caribbean Communities in Peel Talk About Health***

### ***Come Learn with Us About...***

- **Do you want to feel better and have more energy? Get a jump start with Socacize® Suitable for all sizes, genders and abilities. Comfortable clothing and footwear required**
  - **Ayanna Lee-Rivears, Socacize® Founder**
  - Monday, March 2, 2015 from 1:30pm-2:30pm
  - St. Thomas A. Becket Church  
3535 South Common Court, Mississauga, ON
  
- **Protecting Your Health: Discuss heart disease and stroke, including signs and symptoms, risk factors, and methods of prevention**
  - **Heart & Stroke Foundation, Peel Region Area Office**
  - Monday, March 9, 2015 from 1:30pm-2:30pm
  - St. Thomas A. Becket Church  
3535 South Common Court, Mississauga, ON

### ***Register...***

- Please contact Jackie at [pfwssseniorshealthproject@gmail.com](mailto:pfwssseniorshealthproject@gmail.com) or 416-894-6791 to let us know that you will attend
- Seniors and caregivers welcome!
- Light refreshments provided and there is no fee to attend these workshops

Sponsored by SPCP-Peel:



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