



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

### ***Did You Know...?***

- Some health problems affect **the Caribbean and other ethnic seniors in greater numbers?**
- Health problems can have an impact on seniors' **independence?**
- **Learning more** about health issues like diabetes, arthritis, heart and stroke disease and dementia **can make a big difference** on the impact these illnesses have on our day to day lives?

### ***Come Learn with Us!***

Join us at *Learning Together: Seniors from Diverse Caribbean Communities in Peel Talk About Health.*

- Learn how to manage your health issues and reduce symptoms
- Learn about cooking and nutrition
- Connect with other seniors

### ***When?***

December 2014-March 2015

### ***Where?***

Brampton, Malton, Mississauga West

### ***Registration?***

Contact Jackie at [pfwssseniorshealthproject@gmail.com](mailto:pfwssseniorshealthproject@gmail.com) or (416) 894-6791

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