**Palisades Health Fair**



**Thursday, February 9th**

**10 a.m. – 2 p.m.**

**Imagine an event where the answers to all your varied health-related questions can be found in one location — instead of you having to seek them out, here, there and everywhere. That’s what the Palisades Health Fair is all about: we’re assembling our community partners in the relaxed and friendly environment of Palisades on the Glen to make it easy for attendees to gather information and educate themselves on a wide range of health-related topics.**

**Knowledgeable experts from such organizations as:**

Canadian Diabetes Association The Arthritis Association

Mississauga Senior Games Mississauga Sports Council

Alzheimer Society Peel Heart and Stroke Foundation

Versatile Medical Home Instead Senior Care

Recreation Respite Nurse Next Door

Lifestyle Pole Walking Ian Koo ND – Naturopathic Essentials

Centric Health Seniors Wellness City Programs & Services for Older Adults

**Information seminars will be held to give an in-depth perspective on various health issues:**

 10:25 am Making Lives Better & the Sandwich Generation – Nurse Next Door

 11:00 am The Arthritis Society

 11:25 am Naturopathic Remedies – Ian Koo ND

 12:00 pm Cooking Under Pressure - Home Instead Senior Care

 12:25 pm City Programs & Services for Older Adults

 1:00 pm Easy Nutritious Cooking – Palisades on the Glen – Chef Paul

Wholesome snacks available. Don’t forget to ask for your giveaways!

*Chance to win 2 tickets to Saturday Night’s performance of the Stage West*

*production of ‘All Shook Up’ – (value of $180)*

**RSVP for this Event Today! Call 905-820-8210**

**1665 The Collegeway**

**(Mississauga Rd and The Collegeway)**

**Underground Parking Available.**