



Active Living Fair

St. Paul's L'Amoreaux Centre – 3333 Finch Ave. E
Saturday, March 19, 2016
10:00am – 3:00pm



Enjoy exhibits from St. Paul's L'Amoreaux Centre, Nordixx Pole Ontario, Alzheimer Society of Toronto, Hearing Solutions, New Start Computer Training, Hong Fook Mental Health Association, Ontario Chiropractic Association, Green Saver, Toronto Hydro Home Assistance Program, We Care Home Health Services & ...

Ask a Dietician or Nurse questions about keeping healthy.

Older adults, seniors, families and caregivers welcome!

Ask Geriatric Experts Questions (One on One Sessions), Hearing Screening

Workshops (Light refreshment is provided)

- 10:15 – 11:00a.m. **Tips on Healthy Eating** (English)
- 11:30 – 12:15a.m. **Tips on Healthy Eating** (Cantonese)
Hinson Ho, Registered Dietician
- 11:45– 12:15 p.m. **Ontario Chiropractic Association** (English)
- 1:00 – 1:30 p.m. **Internet Security** (English)
- 1:15 – 2:00 p.m. **Toronto Hydro Home Assistant Program** (English)
- 2:00 – 2:30 p.m. **Internet Security** (English)
Offered By New Start Computer Training

Exercise Sessions

- 10:15 – 10:45 a.m. Easy to Do Exercise
 - 11:15 – 12:15 a.m. Nordixx Pole Walking to North Bridle wood Park
 - 1:30 – 2:00 p.m. Fun Games
- (Workshop Schedule & Topic is subjected to changes)

Inquiry: 416-493-3333 ext. 256
Please enter St. Paul's L'Amoreaux Centre at Entrance C near Finch Ave.

免費活力康泰博覽會

聖保羅中心- 3333 Finch Ave E.

2016 年 3 月 19 日 (星期六)

上午 10:00 – 下午 3:00

學習有關積極健康生活的內容, 向營養師, 護士諮詢有關保持健康方面的資訊和問題!

歡迎成人, 長者, 家人及看護人員參與!

長者服務顧問提供個人查詢 (一對一), 聽力測試

講座 (免費茶點供應)

- 10:15 – 11:00 **健康飲食 (英語)**
- 11:30 – 12:15 **健康飲食 (廣東話)**
何肇軒, 註冊營養師
- 11:45– 12:15 **Ontario Chiropractic Association** (英語)
- 1:00 – 1:30 **網絡安全 (英語)**
- 1:15 – 2:00 **多倫多電力局家庭資助項目(英語)**
- 2:00 – 2:30 **網絡安全 (英語)**

運動示範

- 10:15 – 10:45 簡易運動
- 11:15 – 12:15 Nordixx Pole 步行到 North Bridlewood 公園
- 1:30 – 2:00 趣味活動

(講座及運動安排有可能會更改)

查詢/ 登記: 416-493-3333 轉分機 256
請從位於 Finch Ave E 的入口 C 進入聖保羅中心。

OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés

