



**FREE
EVENT**

For more information
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THORNHILL WOODS

Presentation: Maintaining a Healthy - Active Lifestyle

Tuesday, November 4, 11:00am-12:30pm

Thornhill Community Centre Fireside Lounge.

Limited Seats! Sign up at TSC Front Desk
Between 11 am - 1 pm by Friday, October 31.

Discover practical tips for maintaining a
healthy and active lifestyle as you age during
an engaging and informative session hosted
by our wellness expert, Jill Franks, PhD

After the presentation, enjoy some light
refreshments and take away snacks.