



**FREE
EVENT**

For more information
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VIVA Retirement
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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.**