

# Seniors/Older Adult Services Information Fair

*Join us to celebrate National Seniors Month and increase awareness of services with seniors in the community!*

**Date & Time:**  
**Wednesday, June 26, 2019**  
**11 am - 1 pm**

**Location:**  
**Hub@1145: Room E106 & E105**  
**1145 Concession Road**  
**Cambridge**

For more information please contact  
Pawan at 519-653-1470 ext. 266



There is no cost to participate!



## Features

- \* Learn about services offered to seniors at The Hub@1145 or neighbouring locations
- \* Pole walking lessons
- \* Food samples provided by Community Support Connections- Meals on Wheels



Self Management Program Ontario

