

# 2<sup>nd</sup> Annual Healthy, Safe and Strong Wellness Day

**Free Admission**  
Generously sponsored by:



**Join us to learn how to stay healthy  
and independent.**

- Professional speakers - falls and fracture prevention, bowel and bladder health, medications and healthy eating
- Community displays
- Lunch, refreshments and prizes

**When:** Wednesday, September 16<sup>th</sup>, 2015

**Time:** 10:00 AM to 3:00 PM (Registration at 9:00 AM)

**Where:** Sackville Hill Senior's Recreation Centre  
780 Upper Wentworth Street, Hamilton

**For more information and to register call:**

Sackville Hill Senior's Recreation Centre  
905-546-2541

