



HEALTHY AGING: LISTEN & LEARN

GUEST
SPEAKERS



WHO SHOULD ATTEND?

Open to all adults
interested in aging well

Light snack provided
Accessible venue

DROP IN OR REGISTER
705-356-1666 EXT. 283

PRESENTATIONS WILL TAKE PLACE
Each Wednesday from 1:30-3:00 pm
APRIL 15 - MAY 20, 2026

- ✓ Introduction to Healthy Aging with Dr. Trafford (Geriatrician)
- ✓ Home Safety & Service Finding
- ✓ Geriatric Services & Planning for the Future
- ✓ Nutrition for Healthy Aging
- ✓ Fraud & Scam Prevention
- ✓ Mental Health & Wellness

Location:

Dr. HS Trefry Centre
1601 C Line Rd, Richards Landing

FREE!