

FRI NOV 16 | 1 pm

Free Healthy Aging
Lunch N Learn For Adults 55+

Guest Speakers:

Nicole & Christine, Reg. Dieticians
Nutrition & Healthy Aging

Complimentary lunch!

RESERVATION REQUIRED.

CALL 905-372-7371

TO REGISTER.



MOE
Seniors Centre Member

COBOURG COMMUNITY CENTRE
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