

FRI OCT 19 | 12 pm

Free Healthy Aging

Lunch N Learn For Adults 55+

Guest Speaker:

Cathy Percy, Osteoporosis Canada

Speaking of Bones

Complimentary lunch!

RESERVATION REQUIRED.

CALL 905-372-7371

TO REGISTER.



DIANNE
Seniors Centre Member

COBOURG COMMUNITY CENTRE

750 D'Arcy St. | ccc.cobourg.ca

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