



Healthy Aging Series

Live Well - Nourish Mind, Body and Spirit



Hamilton Family Health Team
Better care, together.

Interested in exploring the latest on optimal aging

- The nutrients you need to feel your best, stay strong, prevent muscle loss and falls
- The science of sleep and improving sleep quality
- Staying active and maintaining vitality
- Coping with the changes that come with aging
- Strengthening resilience when facing loss or stress



Kick off our series on the secrets to aging well.

Join our dietitian and counsellor **Wednesday, June 26th**
9:30 - 11:00 a.m.

Location: Carlisle Family Medical Center,
Lunch room.

Space is limited, please register with the
receptionist.

905-689-3301

