

# A Presentation on **STRATEGIES AROUND AGING**



**Tuesday, October 28th  
1:00pm**

**At the South Interlake 55 Plus  
374 1<sup>st</sup> Street West, Stonewall**

- ✔ What strategies have you developed for Healthy Aging?
- ✔ What does Healthy Aging mean to you?

**Let's explore some tips for healthy aging**



**please call us to register your name for this  
Complimentary Presentation by calling  
204-467-2582 before October 22**



**Temporary Grant Funding Sponsored by:** **AGE FRIENDLY**  
Manitoba

**Limited seats available!**

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