

# SENIORS SESSIONS with Sage



Two **free** presentations in one afternoon.



## NUTRITION FOR OLDER ADULTS & DOWNSIZING AND DECLUTTERING



**OCTOBER 21**

1:00pm-3:30pm

Kirk Centre

13535 122 Ave

**OCTOBER 30**

1:00pm-3:30pm

Glenwood Community Hall

16430 97 Ave

Both presentations on each date and location.

Pre-registration requested, but drop-ins welcome.



**TO REGISTER:**

**Call:** 780.446.3964 or

**Email:** [jtworek@mysage.ca](mailto:jtworek@mysage.ca)

[www.mysage.ca](http://www.mysage.ca)

**sage**  
Sage Seniors Association