

SENIORS SESSIONS with Sage



Two **free** presentations in one afternoon.
Attend one or stay for both!



NUTRITION FOR OLDER ADULTS & DOWNSIZING AND DECLUTTERING

Two dates and locations:



OCTOBER 21

1:00pm-3:30pm

Kirk Centre

13535 122 Ave

OCTOBER 30

1:00pm-3:30pm

Glenwood Community Hall

16430 97 Ave

Pre-registration requested, but drop-ins welcome.



TO REGISTER:

Call: 780.446.3964 or

Email: jtworek@mysage.ca

www.mysage.ca

sage
Sage Seniors Association