

*An event for older adults, family members and caregivers:*

# **AGING WELL**

**Monday, June 11, 2018 6:00 - 8:00 p.m.**  
**Dundas Town Hall Auditorium**  
**60 Main Street (second floor), Dundas Ontario**

**At this fun and interactive session, you will learn:**

- Myths about aging (*led by Dr. Micheline Gagnon, Geriatrician*)
- How to stay active, eat well, and keep your brain healthy
- How to plan for your future
- How to connect with your community



**Refreshments  
will be served!**

***Hosted by: Councillor Arlene Vanderbeek***  
***Presented by: Hamilton Family Health Team, Dundas Community Services, Dundas Community Planning Table, and others.***

**Questions? Call 905-667-4848 ext. 128**  
**This is a fully accessible event.**