ne IFP - Halton Hills | Thursday, March 22, 2018 | 9

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## Healthy Moves for the Mind and Body

Join us for an afternoon of refreshments and lively conversation with Dr. Heather Palmer (Director of Memory Care) and Lisa MacLatchy Naprawa (Health & Wellness Expert). This event will cover:

- · Helpful techniques to improve cognitive health
- · Tips to assist with balance, flexibility and pain relief
- · How functional movement can assist with mental cognition and happiness

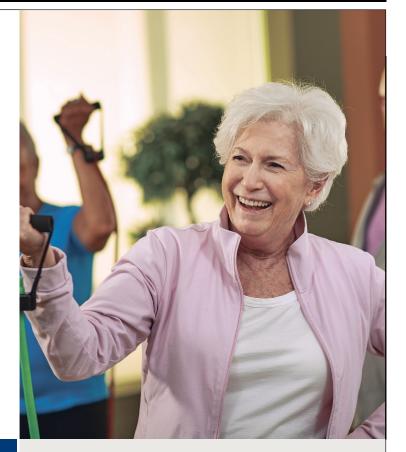
When: Wednesday, March 28, 2-3pm

Where: Georgetown Market Place (across from Mark's), 280 Guelph Street

RSVP by March 26 to Alison or Cari-Lee at 905-702-1555

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