



Health & Wellnes Series (55 +)



🕒 WHEN

Once a month
on Tuesdays
2:00 pm - 3:00 pm

📍 WHERE

In person at FHC -
Fairview Site
or virtual - Zoom

💬 QUESTIONS

Contact Svetlana Vigor
SVigor@fhc-chc.com
416-554-9608

REGISTER NOW:

Scan the QR code
below, or click here.



+ MORE INFORMATION

Various workshops addressing health and life
issues relevant to older adults.

Join us for social and educational programs
and meet other people from the community.