

HEALTHY AGING

Are you ready?

Learn from local service providers about how to maintain your vitality while aging safely.

Wednesday, November 15

1:00 – 4:00 p.m.

Chartwell Oxford Gardens

423 Devonshire Ave., Woodstock

Pre-register for the event by phone or email:

519-539-9800 ext. 3428

publichealth@oxfordcounty.ca

Gather information from these service providers:

- VON – Balance and gait testing
- Low Vision Clinic
- Connect Hearing
- Oxford County Public Health
 - Nutrition
 - Safety in your home
 - MedsCheck program



FREE EVENT!



**OXFORD
GARDENS**
retirement residence



Oxford County
growing stronger...together
Oxford County Public Health

