

A new year, a healthy you!

**“I’m over age 50, what can I
do to stay well?”**

**Markham FHT presents the
50+ Wellness Program**

Please join us
Wednesday February 7th, 2018
7:00 - 8:15pm
Cornell Library
3201 Bur Oak Ave, Markham, ON L6B 0T2
2nd floor

Learn about your wellness needs after age 50, from the Markham Family Health Team Dietitian, Pharmacist, Nurse Practitioner, Occupational Therapist, Registered Nurse, and Social Worker.

Please register online at clare.hogan@markhamfht.com or call 905.471.9999 ext 267. Your space must be confirmed.