

joy OF AGING



York Central
Hospital



&

The Volunteer Association
of York Central Hospital

What your mother never told you!

A special morning for women who have
it all (and want to keep it!)

In support of York Central Hospital Continuing Care Centre

When: Oct 17th, 2009 9:00 am—12:00 pm

Where: Richmond Hill Country Club

Featuring:

Dr. Joey Shulman, DC

Registered Nutritionist

Best Selling Author of "The Last 15"



LEARN • HAVE FUN

- * Aging Gracefully Through Diet and Active Living
- * Strategies on Planning for a Healthy Future
- * Delicious Healthy Breakfast * Info Booths

THE LIBERAL
YOUR COMMUNITY NEWSPAPER SINCE 1878

A partnership between The Joy of Aging
event and Media Sponsor, The Liberal

Tickets:
\$25 per person
\$45 for two

To purchase tickets, please contact:
Margaret Chen: 905-707-5220 ext 24.
Assante Capital Management Ltd.
Or visit: www.thejoyofaging.ca

** All proceeds from ticket sales will
be donated to York Central Hospital

Hosted by:
Assante Capital Management Ltd
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