

York Central
Hospital



& The Volunteer Association of York Central Hospital

joy
OF
AGING

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



Saturday, October 17, 2009 • 9am to 12pm
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 & Activities
- www.thejoyofaging.ca

All proceeds will be donated to York Central Hospital

Tickets:

\$25 per person • \$45 for 2

To purchase tickets, please contact:
Margaret Chen

905-707-5220 ext. 24

Presenting Sponsor



Be well-advised.
Richmond Hill Branch

Gold Sponsors



Dynamic Funds
Invest with Advice.

Manulife Financial

THE LIBERAL
YOUR COMMUNITY NEWSPAPER SINCE 1878