

*Healthy Living starts
here at Christie Gardens*

Join us

HEALTHY LIVING FAIR

Friday March 23, 1-4 p.m.

600 Melita Crescent - Lower Level

Meet Christie's Wellness Team:

- Wellness Nurses & Doctors
- Pharmacist, Direct Dentistry plus others

Meet Our Partners in Care:

- Smart Staffing
- Move Seniors Lovingly
- Osteoporosis Society plus others

Get Your Personal Health Tips:

- Enjoy Chef Joseph's healthy food demonstration
- Check your blood pressure

Attend Healthy Living Seminars:

- Featuring Personal Trainer Jeff Dubé
- Physiotherapy Provider - Centric Health/
Lifemark

NEW THIS YEAR

*Check out the Christie Gardens Club
Feed your creative soul with music
and arts in the Christie Café*

PLAN TO ATTEND • RSVP MICHELLE

416.530.1330 ext. 233



Your Health and Well Being is Number One at Christie Gardens