



**GETSIINYAG**  
**BONE HEALTH**  
**FOOD N' GAMES**  
EVERYONE 55 YEARS AND OLDER WELCOME!



Please join us for a presentation on bone health followed by some games (Bocce ball) and delicious food (Salmon, Soup & Salad). We will also be trying some Tai Chi exercise with some Chai-Tea!

When: **December 2, 2016** at **11AM- 2:30PM**

Where: **Community Centre**

