

Many Thanks to:

Southgate Township

South East Grey Community
Health Centre

Community Foundation Grey Bruce

OACAO
Voice of Older Adult Centres

*See
You
Next
Year!*



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1st Annual
Southgate
Seniors Health Fair
*Promoting Healthy
Living for Seniors*



Wednesday, September 26, 2018
10AM - 3PM

Egremont Optimist Community Centre
392137 Grey Road 109
Holstein, Ontario



Sponsored by
Southgate Seniors
Advisory Committee



**COMMUNITY
FOUNDATION
GREY BRUCE**
We're here for good.



Ontario

OACAO

*The Voice of Older Adult Centres
La voix des centres pour aînés*

Program Schedule

10:00 - Open to the Public

10:30 - Seminar

Emily Powell - Health Promoter, Grey Bruce Health Unit
"Anyone can fall, don't let that happen to you"

11:00 - Opening Ceremonies

11:15 - Seminar

Mandy Usprech - Advisor, Community Relations & Outreach
"OEB 101" - Ontario Energy Board

12:00 - Seminar

Lynda Cam, Reham Mamoud and Andrew Tan
"Seniors Benefits and Credits" - Canada Revenue Agency

12:45 - Jeremy Bertrand - Senior Tax Advisory Specialist,
"How to Get Your \$ in 30 Minutes" - Ontario Min. of Finance

1:30 - Seminar

Sandra Hong - Public Education Coordinator,
"Boosting Brain Health" - Alzheimers Society

Free Lunch
Stage Demonstrations
Gift Basket Draws

Exhibitors

Abbeyfield House Society of Durham Inc.	Arlene Crooks, Director
Access Reflex by Melanie	Melanie Greenley
Alzheimers Grey Bruce	Jennifer Isber-Legge
Arnold Hearing Centres	Bronwyn Zorian
Birmingham Retirement Lodge	Maija McCahery
Canada Revenue Agency	Lynda Cam
Council on Aging	Wally Halliday
Diabetes Association	Chantelle Walker
Dundalk Fire Department	Don Zeggil/Melanie McGraw
Dundalk Food Bank	Mary Redmond
Dundalk Pharmacy	Ruthann Vanalstine
Esteem Dental Hygiene	Darlene Diebold
Flato-Housing	Muhammad Waseem Bawani
Grey Bruce Health Unit	Emily Powell
Grey County Paramedic Services	Wendy Bieman
Grey Highlands Probus Club	Lisa Wilson
Government of Canada, Service Canada	Carole Churchill
Holstein Presbyterian Church	Brenda Calder
Home & Community Support Services Grey/Bruce	Marg Johnson
OACAO/ Ministry of Seniors Affairs & Accessibility	Shelley Wesseling/Janine Dunlop
Ontario Energy Board	Mandy Usprech
Osteoporosis Canada	Judy Porteous
Parkinson's Society-SW Ontario	Jessica Halls
Phoenix Performance Centre	Dave Reeves
Royal LePage-Seniors Specialist	Rachel Banks
Saugeen Fitness & Spa	Linda Thomson
Share the Care	Dianne Jackson
South East Grey CHC	Tanya Shute
Southgate Library	Lacy Russell
Southgate Public Works	Tracey Dupuis/Kevin Green
St. John Ambulance/Grey Bruce Huron	
The Healthline.ca & Waterloo Wellington Healthline	Teresa Zohorsky
VON Mount Forest	Kelly Gee
Walsh's Pharmacy	Nancy Hartman
White Rose-Housing	Victor DaPalma