

# Older Adult Health & Wellness Series 2011

DATE	TIME	TOPIC	Presenter
Tuesday, March 8	11am to 12pm	<i>Cooking Under Pressure</i>	Home Instead Senior Care
Tuesday, April 12	11am to 12pm	<i>Natural Gardens Seminar</i>	Credit Valley Conservation Area
Tuesday, May 10	11am to 12pm	<i>Fitness &amp; Falls Prevention</i>	Clarkson Community Centre Staff
Wednesday, May 25	10:30 to 11:30	<i>Terra Cotta Tour Presentation</i>	Credit Valley Conservation Area
Tuesday, June 14	11am to 12pm	<i>Aging in Place</i>	TBA
Thursday June 16	9:30 AM	<i>Terra Cotta Bus &amp; Walking Tour</i>	Credit Valley Conservation Area

**When:** See dates and times above  
**Where:** **CLARKSON COMMUNITY CENTRE**

2475 Truscott Drive  
 Mississauga

**How:** No registration required, everyone welcome

