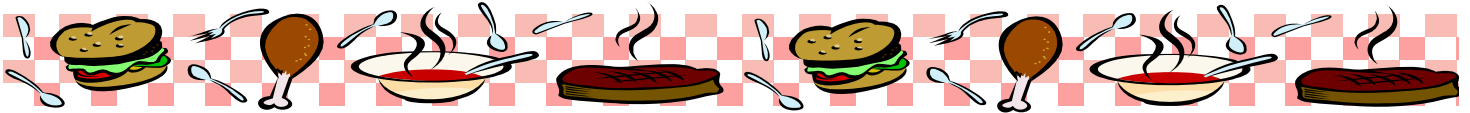




NorWest Community  
Health Centres  
Centres de santé  
communautaire NorWest

Supported by:  
 Ontario  
North West Local Health  
Integration Network

## SENIORS LUNCH-A-MONTH



**When:** Join us the last Monday of each month

**Time:** 11:00 am – 12:30pm

**Where:** NorWest Community Health Centres, Kam Room

**What:**

- Soup and sandwiches, fun and conversation.
- **FREE** monthly program for adults **60 years plus**
- Guest speakers & blood pressure checks offered at every
- Luncheon
- Free Transportation may be arranged upon request
- Call Debbie at 622-8235 x2285 to register

## 2012 DATES

January 30  
February 27  
March 26  
April 30  
May 28  
June 25



**Every One Matters.**