



## HEALTHY after 50 !

**Your health... your fortune!**

Your Centre de santé et de services sociaux de Vaudreuil-Soulanges invites people 50 and over who are interested in investing in their health, to participate in a series of 6 free information sessions.

The topics will be: "Drugs and Your Health", "Quality Sleep", "Healthy Joints", "Nutrition and Digestion", "Stress Without Distress" & "Better Prepared to Manage your Health".

An evening group will take place in Vaudreuil-Dorion

starting on:

**Wednesday, November 5<sup>th</sup> 2014**

at 7:00 pm

Centre de santé et de services sociaux  
de Vaudreuil-Soulanges



## LOCATION

### Vaudreuil-Dorion

**Location:**

Réseaux Emploi Entrepreneurship  
182, boul. Harwood  
Vaudreuil-Dorion, Qc J7V 1Y2

**Start date:** Wednesday, November 5<sup>th</sup> 2014

**End date:** Wednesday, December 10<sup>th</sup> 2014

**Time:** Wednesday, 7:00 pm to 9:00 pm

**Registration period:**  
until November 3<sup>rd</sup> 2014 (limited places)

## REGISTRATION

Ms. Geneviève Leduc, Coordinator

Network Partnership Initiative

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## INFORMATION

Ms. Diane Ladouceur,

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Program *Healthy after 50*

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