

**Brought to you
by the S.I.M
GYM**

**Bring your
Lunch and
Learn**

**Talk takes
place in the
auditorium of
St. Joseph's
Villa from
11:30-1pm**

**56 Governor's
road, Dundas
Call
905-627-3541
ext 2109
or email
s.i.m.gym@
sjv.on.ca
to reserve
your spot
55 and older
please**



Lunch and Learn

Feb 8th, 2018



Ovarian cancer is the most fatal women's cancer in Canada, yet many people don't know much about it. Learn about the risk factors, signs, and symptoms at this talk with Helen Martin.

With a family history of ovarian cancer, Helen became a victim herself, proving there is still no early detection test for this disease.

As a presenter of Ovarian Cancer Canada's program, "Knowledge is Power" she is compelled to raise public awareness to this silent killer.