


**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**

## **March 29th, 2018**



### **Healthy Hearing**

"Seeing connects us to things, hearing connects us to people" -Helen Keller

**When you don't want to hear louder,  
just clearer!**

Join us as *Leila Hess B.H.Sc., H.I.S.* from *Open Door Hearing Co* on Locke St, talks about how we hear and how hearing aids work. Why is it that we hear 'just fine' but it's hard to make out what people are saying? She will give us valuable tips on how to hear better in noise, which will enable us to communicate better with those with hearing loss. Why is hearing health so important anyway? Is hearing linked to other health conditions such as diabetes, dementia, and cardiovascular disease? What can we do to prevent further hearing loss? How can you tell if you have a hearing loss?

Get all your hearing and hearing aid related questions answered at this informative lunch and learn on Healthy Hearing.