

11:30 am-
12:30pm



**Lunch and Learn Dates
at the S.I.M GYM**

What is a Lunch and Learn?

One Wednesday per month the S.I.M GYM will be hosting a lunch and learn with professionals from the area.

Bring your lunch between 11:30am-12:30pm and get some valuable information!

January 13th-Caralei Peters, Naturopath

**February 3rd-Karen Robins,
Alzheimer's Society**

**March 2nd-Lisa Marie, Dundas Valley
Psychotherapy**

**April 13th-Stephanie Oliver, Lavandula
Wellness Centre**

May 4th-Lucy Florio, Diabetes Society

S.I.M GYM in St.Joseph's Villa

56 Governor's rd, Dundas

905-627-3541 ext 2109

or email us at s.i.mgym@sjv.on.ca

to reserve your spot

55 and older