

**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 21st, 2019**  




**Join Lisa Tabrizi, ND  
as she talks about  
Nourishing your Mood.**

**Lisa will discuss  
nutrition and lifestyle  
ideas to help with  
people who may have  
low energy and or  
mood.**