



Thriving at Home:
Your guide to senior wellness

**FREE
Event**

Bayshore[®]
Home Health

SAVE THE DATE!

Friday, September 27 • 11:30am - 1:30pm

Kiwanis Aquatics Centre
425 Carlton St, St. Catharines

Join Bayshore Home Health and our trusted partners for a free information session designed to empower seniors and their families. Learn valuable tips on safety, fall prevention, fraud protection, and comprehensive home care services that enable independent living. Enjoy light refreshments and enter our raffle for a chance to win great prizes!

To RVSP, send a text or email with the subject "**Bayshore Seminar**" to
289.556.7365 or **psingh@bayshore.ca**

In partnership with

