

4CATS (Four Villages & Committed Action Team for Seniors)
invites seniors and their caregivers to join us for an

OPEN HOUSE



Meet 4CATS members and find
out more about Four Villages

Learn about local organizations and ser-
vices available for seniors

Launch of resource booklet created by 4CATS
“Services for Seniors in West Toronto”
Please come to get your copy!

Door prizes & give-aways!

With presentations on
“Healthy Eating & Sleeping for Seniors”
“Addiction and Seniors”

by the Family Health Team at St. Joseph’s Health Centre

Friday November 13 from 1:00 pm to 4:00 pm

Vilnius Manor, 3rd Floor Hall

1700 Bloor Street West

(above The Four Villages Community Health Centre)

Contact Junko at 416-604-3361 to find out more!