

## **Seniors On The Move event planned**

A FREE Seniors On The Move presentation will be held at Brigden United Church, 2420 Jane Street in Brigden, on Tuesday, Oct. 25 from 9 a.m. to noon. The presentation, sponsored by VHA Home Health Care, VON Canada, and the Heart and Stroke Foundation, will cover topics such as fall prevention, incontinence, medication, exercise, and more. A free lunch and prizes will be included. Seating is limited and attendees must register by calling Rosemary at 519-864-4077.