



Seniors Active in Living.

The Wellness Program at
Confederation Seniors Centre.
4585 Albert Street, Burnaby, B. C. V5C 2G6

September 2017

Presentation at 10:00 AM

Sep 5th Our second BRAIN By: Gaia

Sep 12th Celebrate the Spirit of Autumn

Sep 19th Wendy's Day By: Nurse Next Door

Sep 26th ABCs of Skin Aging By: Active Aging Week

The official SAIL sponsor

