

COMMUNITY WORKSHOP

Understanding Heart & Stroke

Join us for an Understanding Heart & Stroke Workshop on Wednesday, February 25th at 1:30 PM. This informative session will be presented by Dan Gallagher with the Home Instead Mississauga Office, in partnership with Verve – Port Credit Retirement Residence. Participants will gain valuable insights into heart and stroke health, risk factors, prevention strategies, and practical steps for maintaining a healthier lifestyle. This workshop is a great opportunity to learn, ask questions, and empower yourself with knowledge to support long-term well-being.



February 25th at 1:30pm

Presented by Dan Gallagher from Home Instead



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