



The Good Companions
Seniors' Centre
Supporting a Vibrant Community

Alan P. Sentance Educational Lecture Series: Dental Hygiene For Seniors What You Need To Know About Oral Health

Presented by Chantal Genova and Erin Townsend, from



Wednesday, January 30 2019

10:30—11:30

The Good Companions

Please join HealthCircle's owner, Chantal Genova and dental hygienist Erin Townsend as they explain the benefits of keeping up with oral hygiene, the link between your oral health and other health conditions like diabetes, heart conditions and your overall well-being. **This is a free seminar. All in the community are welcome and encouraged to attend. Please note and respect that our centre is scent free. Please register in person or call Front Reception to reserve your spot.**

The Good Companions - 670 Albert St.

Space is limited. Call 613-236-0428 or stop by our Front Reception to register.

Parking available (\$2.50/day)

OC Transpo routes: 8, 16, 41, 85, 86, 87, 91, 92, 94, 95, 96, 97, 98, 99.