



The Good Companions  
Seniors' Centre  
*Supporting a Vibrant Community*

# Alan P. Sentance Educational Lecture Series: Health Reason and Common Sense

Presented by Dr. David Albuquerque  
F.R.C.S. (Canada), F.R.C.S. (England), F.A.C.S. (US)



Wednesday, March 20<sup>th</sup> 2019  
1—2pm

The Good Companions

Join us in this informative session, when Dr. David Albuquerque, MD, 50 years experience in medical and surgical practice, will explain how reason and common sense can contribute to better health. **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)

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