



Alan P. Sentance Educational Lecture Series:

A Look At The Immune System And Aging's Impact

Presented by Older Adults and Students for
Intergenerational Support (OASIS)

Thursday , November 18th 2021

5 - 6pm

Free Presentation via Zoom

The immune system is a complex and vital part of the human body. How it works and how we can strengthen it will be deconstructed in this presentation.

We will also be taking a look at how aging impacts our bodies immune system and how we might be able to reduce its effects.

This is a free online presentation via Zoom
with an option to connect over the phone.

All in the community are welcome and
encouraged to attend.

E-mail info@thegoodcompanions.ca or

Call **(613)236-0428** to receive Zoom information to connect

The Good Companions Seniors' Centre
(613) 236-0428
info@thegoodcompanions.ca