



Dixon Hall and The McMaster Institute for Research on Aging (MIRA) invite you to a community event focused on the benefits of walking and maintaining mobility as we age

Join Dixon Hall and the McMaster Institute for Research on Aging for an informative session on aging and staying active. This will be your opportunity to try pole walking and learn more about Dixon Hall's **Pole Walking Program for Older Adults** while making connections in the community. **Lunch will be provided.**

WHEN: September 27, 2022, from 12 - 2:00 PM

WHO: Older adults, caregivers, and service providers

WHERE: Dixon Hall's site at 188 Carlton St, Toronto, ON M5A 2K8  
*Masks are recommended; event will be held indoors*

## REGISTER TO JOIN US:

Online: [bit.ly/DixonHallWalking](https://bit.ly/DixonHallWalking)

By phone: 416-863-0499 ext. 3222

By email: Tracy James at [intake@dixonhall.org](mailto:intake@dixonhall.org)



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