



The Good Companions
Seniors' Centre
Supporting a Vibrant Community

Alan P. Sentance Educational Lecture Series: First Aid For Seniors

Presented by Robert Wilson, from



Thursday, August 16th 2018

10—11:30am

The Good Companions

What would you do in case of emergency? What if you are alone? Join us for this interactive session and learn first aid procedures that can save your life or your loved one. **This is a free seminar. All in the community are welcome and encouraged to attend. 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.