



Ontario Society of Senior Citizens Organizations
La Société des Organisations des Citoyens Aînés de l'Ontario

Presents

Tuesdays with OSSCO: Find Your Joy!

Date: June 26th, 2018

Time: 2 pm - 4 pm

Location: 333 Wilson Ave, #406, Toronto

The little things in life make a difference. When you look good, you feel better. When you feel better, you radiate joy! To celebrate Seniors' Month, Tuesdays with OSSCO presents reveal the importance of everyday movement and how the brilliance of a smile helps us find **joy** in our lives.



Physiotherapist, Alejandra Rodriguez shares her vast experience and insight on how to make our bodies feel good and more alive. Alejandra obtained her physiotherapy license in 2006. She also completed several certifications including acupuncture, dry needling and Trigenics. Alejandra has helped many of her clients reach their goals of minimizing or eradicating pain, improving their functional abilities or ensuring a successful recovery.

Did you know that **Toronto College of Dental Hygiene and Auxiliaries Inc.** offers a range of affordable dental services to the public? Join us as the College's representatives share with us the importance of caring for our teeth and what a healthy smile reveals about us.

Join us for this extended Seniors' Month event starting at 2pm.

Registration is required. Workshops are *free* for people 50+.

Call 416-785-8570 or email ocsco@ocsco.ca or on Eventbrite at bit.ly/2J1I193 to register your spot.