

**YOU ARE INVITED...
TO THE FALL LUNCHEON!**

**RTO/ERO HALTON DISTRICT 15
Fall General Meeting & Lunch
Tuesday, October 22, 2019
Holiday Inn Oakville Bronte
2525 Wycroft Rd.,
Oakville, Ontario L6L 6P8**

WELLNESS IS OUR GOAL!

Key Note Address: Frauds, Scams, and Safety
Guest speaker, Constable Matthew Rocca of the Halton Regional Police will focus on addressing frauds, scams, and safety, particularly when it comes to our members.

Breakout Sessions:

(a) Line Dancing (No experience necessary)
Come join **Tammy Wyatt of Bronte Boots and Spurs** in a lively hour of activity. Remember to bring appropriate footwear for this active program.

(b) Keeping Your Brain Healthy
Get to participate in an engaging presentation by **Karen Robins, Public Education Coordinator of the Alzheimer Society of Hamilton/Halton** as she shares different strategies useful in keeping the brain healthy and reducing the chance of developing dementia.

(c) Thriving in the Years Ahead
Binu Dhinda, a Health and Longevity Specialist and self-development teacher, will lead a lively discussion about the aspects that make up a thriving life in retirement.

Cost:

\$40.00 for RTO District 15 members/spouses

\$45.00 for guests/ non-members

Registration: 10:00 am

Keynote Speaker: 10:30 am

Lunch: 12:00 pm with breakout sessions to follow.

Cash Bar will be available.

**RTO/ERO FALL LUNCHEON
Tuesday, October 22, 2019**

Registration Form:

Please Print:

Name: _____

Tel.# _____ **Member** _____

Email: _____

Vegetarian meal required _____ **Food allergy** _____

Guest Name: _____

Tel #: _____ **Member** _____

Email: _____

Vegetarian meal is required _____ **Food allergy** _____

Breakout Sessions (select top 2 favorites, will be registered in 1)

Choice 1 2

- 1. Line Dancing (ALL Welcome)**
- 2. Keeping Your Brain Healthy**
- 3. Thriving in the Years Ahead**

**Enclosed is a cheque payable to:
RTO/ERO District 15
in the amount of :.....**

Please forward by mail by **September 27, 2019 to:**

**Lynda Kozak
491 Underwood Drive
Oakville, ON L6L 5P1**