

Mobility: Maximizing Your Choices

Join an expert panel from The Council on Aging, Ottawa West Community Support, and The City of Ottawa for an information session on:

- ❖ Feet first: be comfortable with walking and wheeling in varied weather conditions.
 - ❖ Age-related changes and impact on driving.
- ❖ Transportation options of your local Community Support Services agency.
 - ❖ Riding OC Transpo and preparing for the LRT.

Please pre-register online.

Wednesday, May 30th, 2018. 1:00 pm
Carlingwood Library Meeting Room

A partnership of the OPL and the
Council on Aging of Ottawa

The Council
on Aging
of Ottawa



Le Conseil sur
le vieillissement
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