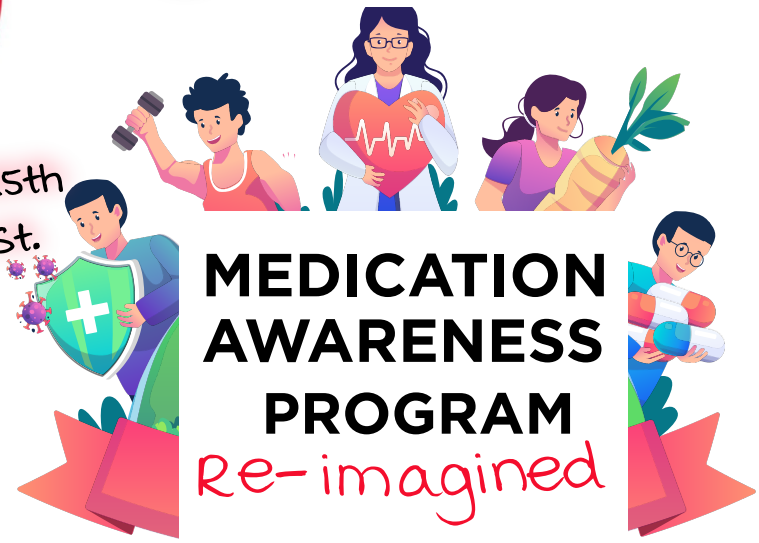
MINE-MILL-SMELTER LOCAL 598 - UNIFOR

MED·I·WELL

SUDBURY INTEGRATED NICKEL OPERATIONS
A GLENCORE COMPANY

Join us November 25th
Club 50 – 25 main St.
Chelmsford





MEDICATION AWARENESS PROGRAM
Re-imagined

Helping Retired Members & Their Families Stay Healthy, Active, & Informed

Whether you are looking to improve your health, stay active and independent, learn practical wellness strategies, or simply connect with fellow retirees, these sessions offer valuable information, interactive activities, and engaging discussions in a relaxed, social setting.

WHY ATTEND?

- Discover lifestyle strategies that support longevity, wellness, and quality of life
- Learn practical medication tips that can help you stay safe and informed
- Get answers to common questions about medications, supplements, side effects, and healthy aging
- Participate in interactive activities, discussions, and real-life learning
- Connect with fellow retirees and enjoy meaningful conversations
- Share experiences and learn from others in a welcoming environment

OUR SESSIONS ARE DESIGNED TO BE:

- Interactive
- Fun
- Informative
- Social
- Practical

Come out, meet fellow retirees, ask questions, and take away useful information you can apply in your everyday life.

Coffee, snacks & lunch provided!

FOR MORE INFORMATION

Brian McDonald 705-969-3802
Gerry Bedard 705-626-1936

ALL RETIRED UNION MEMBERS WELCOME!
BRING A FRIEND!

UPCOMING SESSION

November 25 at 9 am:
Chelmsford - CLUB 50