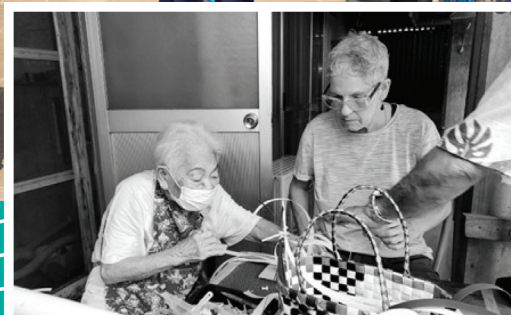


LIFE IN THE 'BLUE ZONES'

at The Claremont
Retirement Residence



The
Claremont
RETIREMENT LIVING

Want to discover the secrets to living to 100? Explore the **Blue Zones** with us – the regions of the world that are home to the longest living and healthiest populations!

Join us for a dynamic presentation that will introduce you to the foods, cultures, and ways of living from these special regions in Italy, Japan, and Costa Rica just to name a few!

Featuring food, music, and lots of lively discussions. You don't want to miss this wonderful afternoon as we travel the world together!

Date: Friday March 21st, 2025

Time: 2:00 p.m. to 4:00 p.m.

Location: Claremont Retirement Residence (305 Balliol Street, Toronto)

Parking: On site parking available, accessible from Mount Pleasant toward the south end of the building. If you need help with transportation, please call The Claremont. Street parking on Balliol Street.

Registration required

To register for all programs call our offices at **416.322.7002** or **info@mosaichomecare.com** if you need more information.



Mosaic Home Care Services & Community Resource Centre

Corporate Office
105 Wilson Avenue, Second Floor
Toronto, ON M5M 2Z9
Tel **416.322.7002** | **905.597.7000**

Community Resource Centre
105 Wilson Avenue, Lower Level
Toronto, ON M5M 2Z9
Tel **416.322.7002** | **905.597.7000**

What a difference we make®!

www.mosaichomecare.com

| info@mosaichomecare.com