

What's On

March 2011 Health Series

Three great programs that help enhance your health

March 8, 2:30-3:30 PM – **Shingles (Zoster): Can we prevent it?**

Herpes Zoster, commonly known as Shingles, is a reactivation of chicken pox characterized by heightened symptoms. At this presentation you will become more aware of the viral disease, learn about early treatment and the possibility of vaccination.



March 22, 2-3:30 PM – **The Mitzvah Technique.**

The Mitzvah Technique helps you to gently improve posture and mobility while reducing tension and stress. The Mitzvah Technique is capable of assisting people to maintain healthy posture and create a release of tension and stress.



March 22, 6:30-8 PM – **The Truth about Your Colon**

Learn about the risk factors for colorectal cancer, screening tests, and ways to reduce your risk.



**** Registration is required for all programs. Please call 416-395-5441****



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