



# LIFESTYLE SHOWCASE



**Saturday APRIL 28, 10am to 4pm**

**FREE ADMISSION**

St. Lawrence College • 100 Portmouth Avenue



**GRAND PRIZE**  
Trip Sponsored by



**Maple Leaf Tours**  
Tour • Travel • Cruise

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*We will have it all at the*

**Travel • Health • Finance • Real Estate • Leisure • Downsizing**

**LIFESTYLE SHOWCASE**

**WORKSHOPS & DEMOS**

**Room 12000**

10:30am Estate Executor? What you won't learn at the Lawyer's office Presented by: Gordon Estate Services Ltd.

12:00pm 5 Health Habits for Aging Eyes Presented by: Dr. Rebecca Chippior, St. Lawrence Optometry

1:30pm Secrets to a Successful Downsizing Presented by: Gordon Estate Services Ltd.

3:00pm Nordic Pole Walking Presented by: BestHealth Physiotherapy

**Room 12010**

11:00am How to Decide if it's Time to move. What are the telltale signs? Presented by:

Kingsbridge Retirement Community

12:30pm Protecting Yourself from Fraud, an examination of current trends in Fraudulent Crime by Kingston Police

2:00pm Home Retirement Solutions Presented: Bayshore Home Health

3:30pm Tips to get the most out of your vacation! Presented by: Maple Leaf Tours

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