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MEDIA RELEASE - FOR IMMEDIATE RELEASE

### Age-friendly Peterborough Summit on Aging 2021

Community Care Peterborough, with support from Age-friendly Peterborough, is organizing a Summit on Aging on October 28, 2021, to help seniors, caregivers, and health care providers take charge of their well-being.

The Summit on Aging is an annual event, but this year the format is a little different. Participants can enjoy the day-long conference using Zoom from the comfort of home or choose to attend with a small group at a local facility.

The theme is Be Inspired: Take Charge of Your Well-being! Dynamic experts will share compelling information, helpful resources, and practical strategies. The day will be interactive where you will use what you learn to add a little spark to your life by generating your own well-being plan. The full schedule is posted on the Summit webpage, [www.commcareptbo.org/agefriendlyptbo](http://www.commcareptbo.org/agefriendlyptbo)

Registration is now open. The cost is \$10 and includes a Summit Kit that contains a workbook, a stress buster, healthy snacks for the day, an exercise book, and lots of resources. To register or for more information, go to the Summit webpage, [www.commcareptbo.org/agefriendlyptbo](http://www.commcareptbo.org/agefriendlyptbo) or call Community Care at 705-742-7067.

Twitter: @CommCarePtbo

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