



Point the way

BEST U HEALTH EXPO 2019

Monday, March 4 from 10 a.m. to 3 p.m.
South Gate Centre, 191 Old Wellington St. S., Woodstock

FREE ADMISSION • Free healthy snacks • Lunch available for \$5
Over 40 exhibitors • Informative presentations

**Empowering people over 50 to take an active role
in their long-term wellness and quality of life**