

HUNTSVILLE ACTIVE LIVING CENTRE

55+ Adults

Healthy Active Living

EXPO



FRIDAY MARCH 27, 2020

FREE ADMISSION
10:00am - 6:00pm

Join us for a fun & informative day
for our 55+ adult community:

ACTIVE DEMOS ° WELLNESS SEMINARS ° CLINICS
40+ VENDORS ° PRIZES ° SNACKS

Presentation Topics: fall prevention, long term care planning, importance of mobility, elder abuse, door to door sales, fire prevention, lifestyle in Muskoka, hearing loss

Program Activities: Chair fitness, table tennis, aqua-fitness and much more!

We encourage 55+ adults, seniors, caregivers and family members to attend
FREE exhibitor tote bag for the first 250 people!

Huntsville Active Living Centre
20 Park Drive, Huntsville

OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés

Ontario 

This event is hosted by the Town of Huntsville in partnership with the Older Adult Centres' Association of Ontario (OACAO) and sponsored by the Ministry for Seniors and Accessibility.

Cet événement est organisé par le Centre de santé communautaire de l'Estrie en partenariat avec l'Association des centres pour aînés de l'Ontario (ACA) et parrainé par le Ministère des aînés et de l'accessibilité.

huntsville.ca

