

Aging Well In Woolwich

Information & Active Living Fair



Special Guest Speaker



The Honourable
Sylvia Jones MPP,
Ontario Minister of Health/
Deputy Premier of
Ontario

Wednesday February 1, 2023
9 am - 1:30 pm
Calvary United Church
(48 Hawkesville Rd, St. Jacobs)

You must register for this event by Jan 18, 2023
Please contact 519-664-1900
1-855-664-1900 to RVSP

Agenda

| | |
|--------------|-------------------------------------|
| 9– 9:15am | Opening Remarks |
| 9:15– 9:30am | Speaker: The Honorable Sylvia Jones |
| 9:30-10:15am | SMART Exercises |
| 10:15-11am | Stretch Break/ Coffee/ Vendors |
| 11am-12pm | Speaker: Community Health Panel |
| 12– 12:30pm | Vendors/ Door Prizes |
| 12:30-1:15pm | Complementary Lunch |
| 1:15-1:25pm | Door Prize Draws |
| 1:25-1:30pm | Closing Remarks |

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