



SENIORS ACTIVE LIVING FAIR

TOPICS + DEMOS INCLUDE:

Travel
Healthy Eating
Staying Active
Clubs + Interest Groups
Balance + Mobility
Mental Health
Dance
Sports + Fitness
Arts + Culture

THURSDAY FEBRUARY 23RD
10:00AM-2:00PM
COBOURG YMCA
FREE to attend!



YMCA NORTHUMBERLAND

339 Elgin Street W
Cobourg, On
www.ymcanrt.org

OACAO

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

Funding provided by:

