



FREE!

YWCA Hamilton Seniors Active Living Centre Winter Wellness Fair

Moving Forward and Keeping Strong!

The YWCA Hamilton is proud to host the Winter Wellness Fair, a complete event focused on promoting physical and mental health and wellbeing for seniors.

A variety of guest speakers, interactive activities, educational workshops, and health screenings will take place at this free event. Learn to live better during winter!

Location: Putman Family YWCA - 52 Ottawa St. N.

Date: Thursday, February 9, 2023

Time: 10 AM - 3 PM

With presenters:

Deanna Langford Coaching (Life Coach) &
Kathleen Hayden Dream Space SOS

For More Information or to Register, contact:

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