

“Culture, Diversity & Inclusion”

Active Living Workshop and Information Fair

Date: Saturday, October 14th, 2023

Time: 9:00 am – 3:00 pm

Location: Thunder Bay 55 Plus Centre Auditorium

Exhibits, fabulous presentations and fun!
Free: Breakfast and healthy lunch buffet included!

Free presentations include:

- ***Learn about the Medicine Wheel***
- ***Benefits of CBD Oil***
- ***Music- is a natural healer.***
- ***Life and a day of a newcomer***
- ***Will I get Alzheimer’s?***

For those 55 Plus

Free registration is required.

Call 684-3066 to reserve your seat.

Seating is limited!

Doors Open 8:30am for breakfast.

Prizes and swag!