



# *Seniors Active Living Fair*

Healthy Cooking Demonstration  
Exercise Demonstration  
Online Fraud Prevention Presentation

SATURDAY OCTOBER 14, 2023

12-5PM

1356 TECUMSEH RD W, WINDSOR ONTARIO

To sign up, please email us at [info@ncecep.com](mailto:info@ncecep.com) or [laabo@ncecep.com](mailto:laabo@ncecep.com)



**OACAO**

The Voice of Older Adult Centres  
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