

Aging Well In Wilmot

Information & Active Living Fair



FREE EVENT!

Thursday November 23, 2023
9 am - 2 pm
Wilmot Recreation Complex
(1291 Nafziger Rd, Baden)

Guest Speakers
Displays
Lunch Included
Door Prizes

“Your Safety, Your Health, Your Community”

Agenda

9 - 9:15 am	Opening Remarks
9:15 - 10:30 am	Guest Speakers
10:30 - 11 am	Stretch Break/Coffee/Vendors
11:00 - 11:20 am	SMART Exercises
11:20 am - 12:30 pm	Panel: Older Adult Services in Wilmot
12:30 - 1:15 pm	Complementary Lunch
1:15 - 1:30 pm	Door Prizes and Closing Remarks
1:30 - 2:00 pm	Vendors

You must register for this event

Please contact
1-855-664-1900 or 519-664-1900 to RSVP

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