






SENIORS' ACTIVE LIVING HEALTH FAIR

November 23, 2023
Wellesley Community Centre
495 Sherbourne Street
10:00 a.m. to 3:00 p.m.

Learn about programs and agencies that serve the diverse needs in health and wellness for the seniors in our community, including:

-  **10+ Exhibitors**
-  **2SLGBTQ+ Older Adult Mental Health Services**
-  **Free Admission & Healthy snacks**
-  **Health Clinic & Light Exercise Demonstrations**
-  **Mental Health Workshops
(English/Mandarin/Cantonese)**

More information: cris@sunshinecentres.com

