

SENIORS ACTIVE LIVING FAIR

You are invited to a full day of free activities and learning opportunities at the 2023 Seniors Active Living Fair!

DATE

TUESDAY, NOVEMBER 21, 2023



OPEN

10:00 AM - 3:00 PM



WEST NEIGHBOURHOOD HOUSE

248 OSSINGTON AVENUE, M6J 3A2



WHAT TO EXPECT

- HEALTH PROMOTION EXERCISES
- BLOOD PRESSURE AND NUTRITION CLINIC
- A VARIETY OF DIFFERENT VENDORS AND COMMUNITY ORGANIZATIONS
- LIGHT REFRESHMENTS

For more information:

Call Joshua Bowyer at 437-226-0331

JOIN US

