

ACTIVE LIVING HEALTH FAIR

ENGAGING WITH THE COMMUNITY FOR PHYSICAL AND MENTAL WELL-BEING

THURSDAY, FEBRUARY 8TH, 2024

10:00 A.M. - 2:00 P.M.

COMMUNITY ROOM AT 5 DEAUVILLE LANE



Better Living is hosting an informative and fun day with
FREE workshops, demonstration, healthy snacks, and
exhibitors featuring unique services and programs to
keep you healthy, active and independent!

For more information, please contact
the **Better Living Front Desk** at
416-447-7244 ext. 622 or at
frontdesk@betterlivinghealth.org

*Better Living Community Centre in partnership with the Older Adult Centers'
Association of Ontario (OACAO) and sponsored by the province of Ontario.*