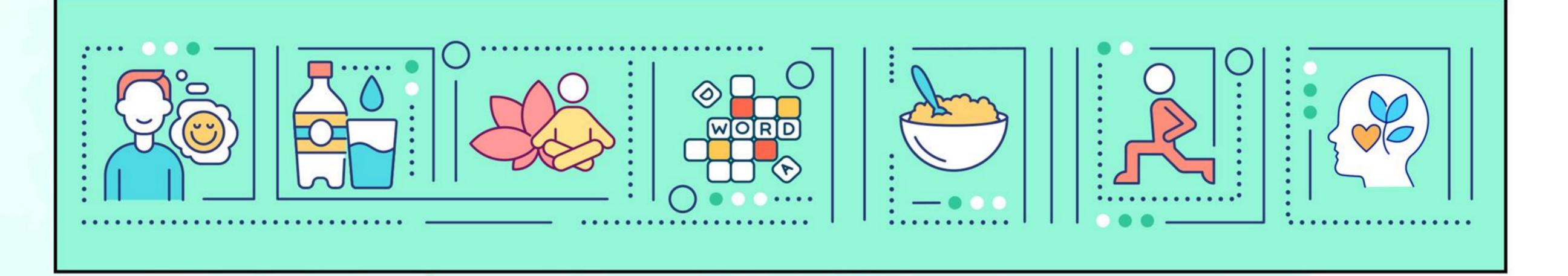
## -ACTIVE LIVING HEALTH FAIR—

## FOR PHYSICAL AND MENTAL WELL-BEING

THURSDAY, FEBRUARY 8<sup>TH</sup>, 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.





