

AGING WELL IN WOOLWICH

INFORMATION & ACTIVE LIVING FAIR



Wednesday February 7th, 2024

9am-2pm

Breslau Community Centre

(100 Andover Dr, Breslau ON)

You **MUST** register for this event by

January 7th, 2024

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

Special Guest Speakers:

Canadian Mental Health Association



Woolwich Counselling



Agenda:

Theme: Mental Health & Reducing Social Isolation

9– 9:15am	Opening Remarks
9:15– 9:45am	Speaker: CMHA
9:45-10:15am	Speaker: Woolwich Counselling
10:15-11am	Stretch Break/ Coffee/ Vendors
11am-11:20pm	SMART Exercise
11:20am– 12:20pm	Speaker: Community Health Panel
12:20-12:30pm	Door Prizes
12:30-1:15pm	Complementary Lunch
1:15-1:30pm	Closing Remarks & Door Prize Draws
1:30-2:00pm	Vendors

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

