

**FREE TO ATTEND! LUNCH PROVIDED.**

# SENIORS ACTIVE LIVING FAIR

## TOPICS + DEMOS INCLUDE:

Fashion Show  
Leisure Activities  
Sports & Fitness  
Professional Services  
Government Services  
Retirement Living  
Healthy Eating  
Mental Health  
Arts & Culture

**THURSDAY FEBRUARY 29TH**  
**10:00AM-2:00PM**  
**COBOURG YMCA**



Older Adult Centres' Association of Ontario  
Association des centres pour aînés de l'Ontario

**OACAO**  
The Voice of Older Adult Centres  
La voix des centres pour aînés



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