



**FREE!**

# **YWCA Hamilton Seniors Active Living Centre Winter Wellness Fair**

**Change is Good!**

**The YWCA Hamilton is proud to host the Senior Active Winter Wellness Fair, a complete event focused on promoting physical and mental health and wellbeing for seniors.**

**A variety of guest speakers, interactive activities, educational workshops, and health screenings will take place at this free event. Lunch included  
Learn to live better during winter!**

**Date: Wednesday February 21, 2024**

**Time: 10:00 - 3:00 pm**

**Location: 52 Ottawa St. N.**

**For More Information or to Register, contact:**

**Duncan Young**

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