



opening doors to wellness and independence



Seniors Active Living Fair 2024

OACAO

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

Great information, fitness demonstrations, and much more for
Seniors in and around our Community.

Free Admission and Open to the Public.

Hosted by Lennox & Addington Seniors Outreach Services

Date: **Thursday March 7, 2024**

Time: **10AM - 2 PM**

Location: **12 Richmond Park Drive, Napanee**
In the Main Auditorium

For more information, please call: 613-354-6668, ext 124

Funding provided by:

