

NORTH BAY GOLDEN AGE CLUB



SENIORS ACTIVE LIVING FAIR

Thursday, March 14th, 2024

10:00 AM TO 2:00 PM

**135 Worthington Street West
North Bay, On P1B 8M6**

Join us for:

- ◆ An in-person health fair featuring agencies serving seniors in our community.
- ◆ Presentations on senior wellness relevant to seniors and caregivers.
- ◆ Live demo of exercise classes.
- ◆ Healthy snacks and refreshments.
- ◆ Giveaways and prizes.



This event is free of charge for Seniors, caregivers, and practitioners in our community. Pre-registration is **strongly** Encouraged.

To register, please
Get in touch with us.

Email: nbgac@hotmail.com
Or nbgacmbp@gmail.com
Or call 705 474 6520



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Canada



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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