



# Point The Way

## BEST U HEALTH EXPO 2024

Friday, March 8 from 11 am to 3 pm

**FREE ADMISSION** Healthy Lunch Available \$8  
**Over 30 Exhibitors** Informative Presentations

**Empowering people over 50 to take an active role  
in their long-term wellness and quality of life**

The Seniors Active Living Fair is being hosted by South Gate Centre in partnership with the Older Adult Centres' Association of Ontario with funding provided by the Government of Ontario.



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



Funding provided by:



South Gate Centre

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