

Thursday, October 17 10am-3:00pm

at the Stouffville 55+ Club 6240 Main Street

Register via your Activenet account for this free day of health and wellness (Barcode 34947) The first 150 registrants are guaranteed a tote bag and ticket for the Fair BBQ

- Live Cooking Demos
- Health and Wellness Trade Show
- Workshops and Education Sessions
- Fitness Demonstrations and "try-it" Classes

For more information email: 55plus@townofws.ca



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

> Voice of Older Adult Centres voix des centres pour aînés



Funding provided by:

