

SENIOR ACTIVE LIVING FAIR

SATURDAY MARCH 1, 2025

10 A.M.—3 P.M.

42 RENFREW STREET, PEMBROKE, ON

Join us for:

- ◆ In person health fair featuring agencies serving seniors in our community
- ◆ Presentations on senior wellness relevant to seniors and caregivers
- ◆ Live demos of active living
- ◆ Healthy snacks and refreshments
- ◆ Giveaways and prizes

This event is free to attend—open to all—seniors, caregivers

Pre-registration is strongly encouraged:

In person: Drop-in

Email:

pembrokeactivelivingcentre@cogeco.net

Call 613-735-1226

Hosted by:

In partnership with

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