



FREE!

YWCA Hamilton Seniors Active Living Centre Winter Wellness Fair

Beat the Winter Blues!!

Thursday, February 20, 2025 10:00 am - 3:00 pm

The YWCA Hamilton is proud to host the Senior Active Winter Wellness Fair, a complete event focused on promoting physical and mental health and well being for seniors.

Tips and strategies from the Hamilton family health team when dealing with your Mental Health, specific to the 55+ community

Foods and Moods - an engaging discussion of how "foods affect your moods"

A variety of interactive activities, educational workshops, health screenings, door prizes will take place at this free event. Lunch included

Location - 52 Ottawa St. N.

For more information contact:

Duncan Young

905-522-9922 ext. 541

dyoung@ywcahamilton.org



Funded by

