

MARCH

6

2025

Community

HEALTH



FAIR

This is a free community event, designed to encourage healthy lifestyles, prevent and manage disease and connect you to resources.

Register Now at  
[seniors@whitewaterregion.ca](mailto:seniors@whitewaterregion.ca)  
or call 613-602-3915

10:30AM to 3:00PM

- \* Lunch Provided
- \* Door Prizes
- \* Resources
- \* Presentations
- \* Fitness

Cobden Agricultural Hall  
43 Astrolabe Rd. Cobden

