

SENIORS INFORMATION & ACTIVE LIVING FAIR

SATURDAY AUGUST 16

10:00 AM - 2:00 PM

**CAREFIRST SENIORS & COMMUNITY SERVICES ASSOCIATION
300 SILVER STAR BLVD, SCARBOROUGH M1V 0G2**

SERVICES BOOTHS

HEALTH & WELLNESS

EXERCISE DEMO

HEALTH SCREENING

MOBILE HEALTH CLINIC

HEALTHY SNACKS

**WALK FOR HEALTH
2KM OR 5KM**

INQUIRIES

NANCY LEUNG

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THE SENIORS ACTIVE LIVING FAIR IS HOSTED BY CAREFIRST IN PARTNERSHIP WITH THE
OLDER ADULT CENTRES' ASSOCIATION OF ONTARIO (OACAO) WITH FUNDING SUPPORT FROM 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



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