

50+ ACTIVE



LIVING

FAIR

DATE
23.10.2025



**THURS. OCTOBER 23
FROM 1 PM - 6 PM**

 **AT THE MAKWA CENTRE**

**REGISTER IN ADVANCE FOR YOUR CHANCE
TO WIN A DOOR PRIZE - 613-625-2259 EXT.
241 OR HCC@PIKWAKANAGAN.CA**

EVENT HIGHLIGHTS:

- HEALTHY DINNER
- GUEST SPEAKERS
- ACTIVE LIVING DEMONSTRATIONS
- PRIZES AND GIFT BAGS