



Kanata Seniors Council

HEALTH

FAIR

Free Screening & Seminars
Saturday, October 18, 2025

at the Kanata Seniors Centre

2500 Campeau Drive, Kanata

9:30 am Doors Open

**10:00 am Opening Remarks,
Seminars & Clinics Begin**

Clinics:

Balance, Diabetic, SNRO Foot Care

**Appointment required, please contact the
front desk.**

Phone: 613-580-2980

Seminars:

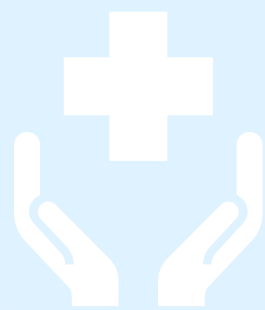
10:15 am - Diabetes

11:00 am - AIM Fitness

12:00 pm - Gardening 4 Seniors

1:00 pm - Lung Association

2:00 pm - Council of the Blind



Complimentary refreshments provided by Kanata Seniors Council.

Thank you to our sponsors: AIM Fitness, All Seniors Moving, Amica Westboro Park, Aspira Red Oak Retirement Living, Aspira Wildpine Retirement Living, Freiheit Care Inc., Ideal Caregivers 4U, My Place Home Care Inc., Stittsville Villa, The Bradley Seniors Living, The Courtyards on Eagleson, Waterford Grand Retirement Community, Wellings of Stittsville, and Kanata Theatre



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



Funding provided by:

