



Seniors Active Living **HEALTH AND WELLNESS FAIR**



**For
Seniors
55+**

**October 8, 2025
11am-2pm**

**Town Hall,
5 Massey Square,
East York, ON M4C 5L6**

**Come,
join us,
and receive
information
regarding health
and wellness for
seniors**

For more information contact:



New Clients:
Register at the fair
for a chance to win a
special wellness prize

**Limited spots
Must be
registered**

**Elaine Tountas
416-424-2900 Ext. 4704
etountas@tno-toronto.org
Joyce Chu
416-424-2900 Ext. 4711
jchu@tno-toronto.org**

**Raffle Prizes
Exercise Sessions
Workshops
Entertainment**



**Blood Pressure Diabetic Testing
Fire Prevention Nutrition
Safety In the Community
and so much more!!!**