

“Let’s Talk! About Your Health”

Active Living Workshop and Information Fair



Date: October 18th, 2025



Location: Thunder Bay 55 Plus Auditorium

Time: 9:00AM – 3:00PM

Presentations include:

- **Loss of Vision: the true facts**
- **Stroke Strikes Fast**
- **Nutrition for the Heart**
- **Mental Health Stigma**
- **Tips For Safe Driving**

For those 55 Plus
***Free* registration required.**

Call (807) 684-3066
to reserve your seat.

Seats are limited!

Doors open at 8:30am for breakfast

Free: Breakfast and healthy lunch buffet included!

Exhibits, fabulous presentations and fun!

Prizes and swag!