

Aging Well In Wilmot

Information & Active Living Fair



FREE EVENT!

“Aging Healthy in Every Way”

**Wednesday November 19, 2025
10 am - 2 pm**

**Wilmot Recreation Complex
1291 Nafziger Rd, Baden**

**Guest Speaker
Dr. Nicole Didyk, Geriatrician**



**Guest Speakers
Displays
Lunch Included
Door Prizes**

You must register for this event

Please contact
1-855-664-1900 or 519-664-1900 to RSVP

This event is hosted in partnership with the Older Adult Centres' Association of Ontario (OACAO) and sponsored by the Ministry for Seniors and Accessibility.

Funding provided by: