



Seniors Active Living **HEALTH AND WELLNESS FAIR**



**November 14, 2025
11am-2pm**

**East York Town Centre
45 Overlea Blvd
Youth Hub
(entrance 6)**

**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**

**Elaine Tountas
416-424-2900 Ext. 4704
etountas@tno-toronto.org**



**Raffle Prizes
Exercise Sessions
Workshops**

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

