



## YWCA Hamilton Seniors Active Living Centre

### Winter Wellness Fair

**Thrive Secure - your awareness, your wellness**

Thursday February 26, 2026 10:00-3:00pm

The YWCA Hamilton is proud to host the Senior Active Winter Wellness Fair, a complete event focused on promoting physical and mental health and well being for seniors.

**Two amazing presentations**

**Learn about all the latest Frauds and Scams - Improve your digital security knowledge**

**Ageism and Employment - What you need to know to help navigate this challenging space**

Plus a variety of interactive activities, educational workshops, health screenings, door prizes will take place at this free event. Lunch included

**Location - 52 Ottawa St. N. Hamilton L8H 3Y7**

For more information contact:

**Duncan Young**

905-522-9922 ext. 541

[dyoung@ywcahamilton.org](mailto:dyoung@ywcahamilton.org)



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