



**FREE!**

# **YWCA Hamilton Seniors Active Living Centre Winter Wellness Fair**

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

**Thursday February 26, 2020 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:**

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