

**Free
Admission**



Point The Way

BEST U HEALTH EXPO 2026



Saturday, March 14 11 am to 3 pm

Health, Wellness and Safety Vendors & Presentations

Free Healthy Snacks and Refreshments



SOUTH GATE CENTRE

191 Old Wellington St. S. Woodstock, ON 519-539-9817

sgc@southgategctr.ca www.southgategctr.com

The Seniors Active Living Fair is being hosted by South Gate Centre in partnership with the Older Adult Centres' Association of Ontario with funding provided by the Government of Ontario.



SOUTH GATE CENTRE
FOR ACTIVE ADULTS

Older Adult Centres' Association of Ontario

Association des centres pour aînés de l'Ontario

OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés



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Ontario