

**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

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[www.southgatectr.com](http://www.southgatectr.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**

