

Healthy Aging Wellness Day!

**Free
Event!**

No Pre-registration.
Open for all to
attend!

June 13, 2026

9:00am - 3:00pm

Doors Open at 8:45am

Opening Ceremonies at 9:00am

Presentations to Follow

Sauble Beach Community Centre

30 Community Centre Drive, Sauble Beach

Presentations include: Sauble Family Health Team,
OPP, MTO, Bruce County Library, Grey-Bruce
Community Legal Clinic



Demonstrations: Fitness, Yoga, Lawn Bowling,
Horseshoes

Complimentary blood pressure checks provided by
Bruce County Paramedics

Visit exhibitor booths and gather information from
local community services and organizations

**Complimentary Lunch and Healthy
Snacks Provided!**



For more information, contact 519-534-1400 ext. 132 or visit

www.southbrucepeninsula.com/recreation-programs

Email: parksandrecreation@southbrucepeninsula.com