

West Lincoln

Seniors' Active Living & Information Fair

Discover ♦ Connect ♦ Thrive



Wednesday, September 16, 2026, 10 AM to 2 PM



West Lincoln Community Centre



177 West St., Smithville



Contact: 905-957-3346 ext. 6726



westlincoln.ca/agefriendly

11 AM: Two Lenses on Informal (Family) Caregiving

by Dr. Larissa Zwar, Assistant Professor & Canada Research Chair, Lifespan Research Institute, Brock University



**40+
Storefronts**



**Refreshment
Lounge**



**McMaster
Research
Art Installation**



**Active
Demos**



**Sit &
Cycle
Session**

West Lincoln
Your Future Naturally



Funding provided by:

Ontario