

# Older Adult Health, Wellness, and Information Fair

Join us as we host local organizations and non-profits to share information about their businesses and what they offer our older adult community.



**Thursday, October 1 | 10 a.m. to 2 p.m.**

## Health and Active Living Plaza

*160 Jim Morton Drive, Queensville*

- Blood Pressure Checks
- Healthy Snack and Refreshments
- 50+ Information Booths
- Library Makerspace Open House
- Three Informational Speaker Sessions
- FREE Tai Chi Class (1:15 to 2 p.m.)

[eastgwillimbury.ca/OlderAdults](http://eastgwillimbury.ca/OlderAdults)

**FREE  
EVENT**



In partnership with

**East Gwillimbury  
55'n UP Club**

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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