

Kanata Seniors Council

HEALTH FAIR

**Free Screening & Seminars
Saturday, October 17, 2026**

**at the Kanata Seniors Centre
2500 Campeau Drive, Kanata
9:30 am Doors Open
10:00 am Opening Remarks,
Seminars & Clinics Begin**

Clinics

***All clinics run from 10:00 am to
2:30pm.***

- ***Blood Pressure***
- ***Eye Pressure Screening***
- ***Spirometry Lung Assessment***

***Clinic appointment required: please visit the
Travel Table at the Kanata Seniors Centre,
M-F 11:30am-1:00pm Or Phone: 613-254-7164***

Seminars:

***10:15 am - Pelvic Floor &
Incontinence Problems***

***12:00 pm - Are You FIT TO
Travel?***

1:00 pm - Prostate Health

***2:00 pm - When Life Changes,
Mental Impact***

Complimentary refreshments provided by Kanata Seniors Council.

Thank you to our sponsors: AIM Fitness, All Seniors Moving, Amica Westboro Park, Aspira Hazeldeen Gardens, Amica Westboro Park, Aspira Red Oak, Aspira Wildpines. Brookside Senior Living, Courtyards on Eagleson, Expedia Cruises, Hear CANADA, Ideal Caregivers4U, Kanata Ridge, Minty Gold & Silver Exchange, Seniors Journey, Stonehaven, The Bradley, Thorncliffe Place, Waterford Grand, Wellings of Stittsville.



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