

Life After Covid

Active Living Workshop and Information Fair



Date: October 17th, 2025

Location: Thunder Bay 55 Plus Auditorium

Time: 8:30AM – 3:00PM



Presentations include:

- Rebuilding Your Life
- Nutritional Balance
- Need to Laugh
- Mental Health Stigma
- Safe Driving Tips

Free registration

Call (807) 684-3066

to reserve your seat

Seats are limited

Doors open at 8:30 am

Free: Breakfast and healthy lunch buffet included!

Exhibits, fabulous presentations and fun!

Prizes and swag!