

ACTIVE LIVING FAIR

WHEN

FRIDAY OCT. 23 2026
10 am – 2 pm

WHERE

PARK CENTRE UPPER HALL KAGAWONG

39 HENRY DRIVE

VENDORS DEMOS • BRAIN GYM • MANITOULIN ORTHOTIC CENTRE

NEW PROGRAMS FOR FALL Swag Bag Door Prize

WHO Everyone 55 + . Bring a friend !

WHY Share, learn and leave more resilient
with tried and true habits and some new tools.

INFO? Call 705 348 2285 FOLLOW @kagawongcommons



Older Adults' Centres' Association of Ontario
association des centres pour aînés de l'Ontario

OACAO

The Voice of Older Adults Centres
La voix des centres pour aînés



Funded by: **Ontario** 

AGING WELL RESILIENCE TOOL BOX 55+ AND BEYOND

GUEST SPEAKER 10:30AM

Cindy Thompson
**POSITIVE THROUGH
ADVERSITY**
**KIDNEY
TRANSPLANT
RECIPIENT**

PRESENTORS

**10:00 WHAT IS
RESILIENCE DR DEB**
10:30 Guest Speaker
**11:00 THE 4 PILLARS of
FITNESS KELLY**
**11:30 RESERVE LUNCH
at 705-348-2285**
**12:30 BREATHING ...
EVERYONE NEEDS A
REFRESHER by SAM**
**1:00 ALL ABOUT YOUR
FEET Manitoulin
Orthotics with KAREN**
**1:30 EXIT CAFÉ with
NICKY EOL DOULA**

**BODY - MIND - SPIRIT
Resilience**