

AGING WITH OPTIMISM

Move • Thrive • Connect



Stratford
Active
Adults

Active Living Fair and Open House

Saturday, September 12, 2026

9 am - 1 pm

Agriplex Community Hall (upstairs)

357 McCarthy Road West



CONTACT US



www.stratford.ca/active55
recreation@stratford.ca
519-271-4310



Information Exhibits on
Health, Wellness and
Community Activities

Speakers: 10:30 - 11:00

Dr. Todd Loughead, Kinesiologist
Dr. Krista Loughead, Naturopathic
Practitioner (Professors at the
University of Windsor)

SLAAA Activities, Demos,
Door Prizes, Refreshments

FREE ADMISSION

Everyone Welcome!

Gold



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