

Aging Well Fair

華裔長者健樂薈展

Chinese Senior 55+

Date : Nov 7, 2026 (Sat)

Time : 09:45am - 02:30pm

Location : Richmond Hill Free Methodist Church

212 Hillview Dr., Richmond Hill, ON L4C 4L8

Stay Active,
Stay Healthy,
Stay Happy!



SCAN ME



- 專家講座（粵語）長期疾病管理、照顧者支援、社交處方
- 歌唱表演、「五禽之戲」健身示範
- 20+ 社區服務攤位
- 預先登記全日節目者可享免費午餐

- Seminars (Cantonese) chronic illness management, caregiving support & social prescribing
- Singing performance & Wu Qin Xi fitness demonstration
- 20+ community service booths
- Free lunch for full-day registered attendees

☎ 905 763 0818

🌐 lwcounselling.ca



泉源輔導中心
Living Water Counselling Centre

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

Est. 1973
50
years of service

Funding provided by:

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