



BeWell Expo

HEALTHY LIVING EXPO FOR
ADULTS IN WINDSOR/ESSEX

2024

EXPLORE LOCAL WAYS TO
BE FIT, SOCIAL AND WELL!

SATURDAY
SEPT. 28

9AM - 2PM

FREE ADMISSION
FREE LIGHT LUNCH

- ✓ Fun class demos
- ✓ Speakers/panel discussions
- ✓ Interactive info tables
- ✓ Wellness products & services
- ✓ Mobile medical services
- ✓ Crafts & jewelry sales
- ✓ **FREE LUNCH** Refreshments, sandwiches & wraps
- ✓ Walk, Talk & Stroll - Collect pledges, Win prizes!

**Location: Arbor Memorial,
Victoria Greenlawn**

1525 Hwy ON-#3

Free Shuttle Bus Service



Pre-booking required for
FREE Handi-transit home pickup

(519)254-1108 www.LifeAfterFifty.ca/BeWellExpo

EVENT PROCEEDS SUPPORT PROGRAMS & SERVICES FOR OLDER ADULTS AT LIFE AFTER FIFTY

SPONSORED BY:



Arbor
Memorial



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:

Ontario