

SAVE THE DATE!

THINK WELL
FEEL WELL
MOVE WELL
WELLNESS FAIR



FRIDAY SEPTEMBER 27, 2024
10:00AM – 3:00PM



YWCA ACTIVE LIVING CENTRE 55+
75 MACNAB STREET SOUTH

This FREE event includes presentations for aging well affordably, brain health, mindful movement blitzes, refreshments, door prizes, exhibits and more!

For more information or to RSVP:

T: 905-529-7727

T: ACTIVELIVINGCENTRE@YWCAHAMILTON.ORG



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

