

# “Safety At Home & For Yourself”



## Active Living Workshop and Information Fair



**Date:** October 5<sup>th</sup>, 2024



**Location:** Thunder Bay 55 Plus Auditorium



**Time:** 9:00AM – 3:00PM

### Presentations include:

- Fire Prevention
- Banking Fraud
- Telephone Scams
- Common Day to Day Stresses
- Self Defense

**For those 55 Plus**

**Free registration required.**

**Call (807) 684-3066**

**to reserve your seat.**

**Seats are limited!**

**Doors open at 8:30am for breakfast**

***Free: Breakfast and healthy lunch buffet included!***

***Exhibits, fabulous presentations and fun!***

***Prizes and swag!***

Funding provided by:



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

**CITY OF**  
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*Superior by Nature*  
**RECREATION & CULTURE**  
**DIVISION**