

# Aging Well In Wilmot

## Information & Active Living Fair



**FREE EVENT!**

**Wednesday January 22, 2025  
10 am - 2 pm**

**Wilmot Recreation Complex  
1291 Nafziger Rd, Baden**

**Guest Speakers  
Displays  
Lunch Included  
Door Prizes**

**Guest Speaker: Dr. Ken Shonk  
Aging Well: Incorporating Laughter & Joy As We Age**

**You must register for this event**

Please contact  
1-855-664-1900 or 519-664-1900 to RSVP

This event is hosted in partnership with the Older Adult Centres' Association of Ontario (OACAO) and sponsored by the Ministry for Seniors and Accessibility.