

# AGING WELL IN WOOLWICH

## INFORMATION & ACTIVE LIVING FAIR



Wednesday February 5th, 2025

9am-2pm

Breslau Community Centre  
(100 Andover Dr, Breslau ON)

You **MUST** register for this event by  
January 22, 2025

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

### Special Guest Speakers:

Cathy Harrington - Community Care Concepts



Kelly Christie - Woolwich Community Services



Kristine Allison- Senior Project Manager Rural  
Upstream Collaborative -Engage Rural



Maria Boehm, Nurse Practitioner- Woolwich  
Community Health Centre



## Agenda

Theme: Health, Wellness and Community Engagement

9-9:15am	Opening Remarks
9:15-9:45am	Speaker: Kristine Allison, Kelly Christie & Cathy Harrington
9:45-10:15am	Stretch Break/Coffee/ Vendors
10:15-11am	Speaker: Maria Boehm, Nurse Practitioner- Woolwich Community Health Centre
11-11:30am	SMART Exercises
11:30-12pm	Stretch Break / Vendors
12-12:30pm	Door Prizes
12:30-1:15pm	Complementary Lunch
1:15-1:30pm	Closing Remarks & Door Prize Draws
12:45-2pm	Vendors

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



Funding provided by:



OCAO

The Voice of Older Adult Centres  
La voix des centres pour aînés

