

Senior's Information and Active Living Fair

at the Square One Older Adult Centre

Thursday, March 26th from 1pm - 4pm
and

Friday, March 27th from 10am - 1pm

FREE ADMISSION - OPEN TO THE PUBLIC

Speaker Schedule

Thursday, March 26th

1:30pm Mental Health and Addictions

2:30pm Physical Activity for Seniors

3:30pm Vitality at the Older Adult Centre

Friday, March 27th

10:30am Diabetes: What You Need to Know

11:30am Dental Health in Seniors

12:30pm Vitality at the Older Adult Centre

30+ different exhibitors each day,
door prizes, health clinics, participant gift bags,
speakers, entertainment and free refreshments



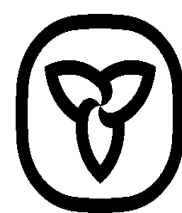
Square One Older Adult Centre: 100 City Centre Drive
Inside the Square One Shopping Centre in between
The Bay and the Bank of Montreal on the lower level
For more information please call (905) 615-3207

Sponsors:



OACAO

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



Ontario