



OACAO Seniors Information and Active Living Fair

Retirement Living Fair!



**Wednesday,
November 29, 2017
10:00 am - 2:00 pm**

Trade Show!

10:00am - 1:00pm

Connect with local organizations, agencies and service providers!

Demo!

12:30pm - 1:00pm

Laughter Yoga

Seminar!

1:00pm - 2:00pm

"Top Nutrients As We Age"
With Leah Shainhouse,
Registered Dietitian

**Free Admission!
Healthy Snacks!**

**Giveaways!
Blood Pressure Check!**

Prizes!

This event is hosted by the Bernard Betel Centre in partnership with the Older Adult Centres' Association of Ontario (OACAO) and sponsored by the Ministry of Seniors Affairs



OACAO

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

For more information, contact Maria: 416-225-2112 ext 130

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