

HEALTH & WELLNESS FAIR



10/26/2024

11:00 AM – 3:00 PM



Location

**PARKGATE COMMUNITY CENTRE
MARY HUNTER HALL**

The core of independent living stems from eating well, exercising regularly, building strong social connections, and engaging in mental and emotional wellness practices.

Come chat with a variety of industry experts who specialize in a range of products and services to help you optimize your independence and live your best life.

