

2017 SENIORS' HEALTH & WELLNESS FAIR

Eat Well. Move More. Live Longer.

Saturday, October 28, 2017

Ron Kolbus Centre

102 Greenview Ave., Ottawa, ON

10am – 2pm



Retirement • Health • Home • Fitness • Nutrition

FREE
SWAG BAGS
TO THE
FIRST 200
ATTENDEES

OVER 40 EXHIBITORS

- FREE ADMISSION
- LIVE DEMOS AND HEALTH SCREENINGS
- LIVE ENTERTAINMENT
- COMPLIMENTARY REFRESHMENTS

OUR SPONSORS



OUR PRESENTERS



MAINSTAGE at 10:30 a.m.

Vickie Dickson RHN, CYT
health on purpose

Aging well - Reducing the discomforts associated with aging through diet and aromatherapy



MAINSTAGE at 11:30 a.m.

Gary Bradshaw



For more information please contact: Dawn Rodger, Director of Development and Community Relations
Olde Forge Community Resource Centre
2730 Carling Ave., Ottawa | T: 613-829-9777
C: 613-227-3531 | E: d.rodger@oldeforge.ca

