

# Seniors HEALTH AND WELLNESS FAIR

**Monday  
May 8th, 2023  
10:00am - 2:00pm**

**Thorncliffe Park Community Hub  
45 Overlea Blvd , Toronto, M4H 1C4  
2nd Floor(Entrance beside Galito's)**

**Come join us and receive information  
regarding health and wellness.**

**For more information contact:**

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**For Seniors 55+**  
**New Clients:** Register at the  
fair for a chance to win a  
special wellness prize



**Raffle Prizes  
Exercise Sessions  
Workshops  
Entertainment**

## **Get Free Screenings & Information**

***Cholesterol  
Blood Pressure  
Diabetes  
Hearing Tests  
Behavioral Health  
Nutrition  
Safety In the Community  
Fire Prevention  
and so much more!!!***