

# 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!!!*