



FREE Mississauga Older Adult Information & Active Living Fair

Tuesday October 17th, 2017
10:00 am-2:00 pm

Frank McKechnie Community Centre
310 Bristol Road East
905-615-4660

Get excited, participate & learn!

- * Healthy eating & well-being
- * Community programs & services
- * Technology demos & support
- * Speak to specialists & health care providers
- * Enjoy healthy snacks

- * Take a Zumba Gold Class 11:30 am – 12:30 pm
- * Try a Gentle Aquafit Class 1:15 – 2:00 pm

Free coffee, hot chocolate and lattes provided by: *Tim Hortons*

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



Recreation

