

MACKAY CENTRE FOR SENIORS

presents an

Active Living

& WELLNESS FAIR

WEDNESDAY MARCH 27TH

10:00 A.M. - 3:00 P.M.

Free Admission~ Over 20 Information Tables - Refreshments

**TWO
LOCATIONS**

Registration / Information Tables / Grab bags

Lakeshore United Church Fellowship Hall - 56 North St. Goderich

Information Sessions

MacKay Centre for Seniors, 10 Nelson St. East, Goderich ~ Corner of North & Nelson E. 519-524-6660

10:15 am Consumer Protection/Mental Health
"Bounce Back"/Be Hip to the Risk

12:45 Maitland Valley Family Health Team
- Primary Health Care and You!?

11:15 am CRA Benefits, Credits
and Filing your Income Tax

1:20 pm Heads Up for Healthier Brains

12 noon Welcome Guests / Refreshments

2:00 pm Powers of Attorney -
What you need to know

This event is hosted by The MacKay Centre for Seniors.
In partnership with the Older Adults Centre's Association of Ontario and the Ministry for Seniors and Accessibility.

Funding Provided by:



OACAO

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