



SENIORS HEALTH & WELLNESS FAIR



Sunday, December 9, 2018, 11am - 2pm
Hall A & B, Nepean Sportsplex, 1701 Woodroffe Ave.

FREE ADMISSION

PRESENTED BY THE RIVERSIDE SOUTH COMMUNITY ASSOCIATION

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We have a fantastic program lined up for Sunday for Seniors. However, all ages are welcome.

In addition to the 50 exhibitors at the event, we also have the following program and giveaways:

- Keynote speaker, Marion Martell will be speaking on Women's Heart Health.
- Many of the exhibitors will be holding draws from their table.
- Vitality Physiotherapy & Wellness Centre will be giving free massages.
- There will be a lot of giveaways at various exhibitor tables.
- RSCA will be handing out 100 casino vouchers.
- RSCA will be holding a draw for a buffet dinner for two at the Rideau Carleton Raceway Restaurant.
- Free refreshments donated by Moncion Independent Grocer.
- Swag bags from Age Well Solutions for the first 200 attendees.
- Sitting area.
- Music provided by the St. Francis Xavier High School music department.
- Tai Chi demonstration by Chinese Seniors.