

AGE FRIENDLY PRESENTS

Wellness Day Fall 2024

Thursday October 3rd 9:30-1:00pm
At The Bridge (199-3rd Ave. W)
Doors open at 9am Pop up library on site

Join us for a fun morning of information and activities!
Coffee & lunch are provided thanks to our generous sponsors



Workshops include:

- Nutrition
- Chiropractic care
- Home Care Services
- Art with Tammy



Please register by Monday, September 30th
Registration is FREE. Call 306-294-7653
All those who pre-register receive a complimentary wellness pack.

