

BETTER LIVING HEALTH, WELLNESS & VOLUNTEER Fair

 Friday, September 12
11:00 AM - 3:00 PM

 at Better Living Community Center
10 Overland Drive, Toronto M3C 2C3



Join Us for the Health, Wellness & Volunteer Fair This September!

Enjoy demos, info sessions, giveaways, and more!
Meet local professionals, explore programs, and discover services
for healthy aging. **LOOKING TO GIVE BACK?** *Learn about volunteer
opportunities and how to get involved.*

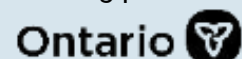
Everyone's welcome—don't miss out!

For more information:

Front Desk at 416-447-7244 Ext. 622 or frontdesk@betterlivinghealth.org



Funding provided by:



Better Living Community Centre, in partnership with the Older Adult Centres' Association of Ontario (OACAO), and with support from the **Province of Ontario**.

Agenda

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TIME	ITEM	ROOM
11 AM - 3 PM	Health, Wellness & Volunteer Fair	Auditorium
11:15 AM	Welcome & Greetings	
11:30 AM - 11:50 AM (20-minute session)	Life in the 'Blue Zones' <i>Presented by Mosaic</i> Discover the secrets to living to 100! Join Mosaic to explore the Blue Zones—regions known for longevity, healthy living, and strong community ties.	Media Lounge
12:00 PM - 12:20 PM (20-minute session)	Seniors Safety Line: Introduction to our Services and Elder Abuse <i>Presented by Senior Safety Line</i> Please join us to learn more about the support services available for older adults across Ontario through the Seniors Safety Line. This session will also provide an introduction to elder abuse—what it is, common signs to watch for, and how to keep yourself and others safe.	
12:30 PM - 12:50 PM (20-minute session)	Supporting Caregivers <i>Presented by Ontario Caregiver</i> This presentation highlights the vital role caregivers play and introduces free programs and resources available through the Ontario Caregiver Organization.	
1:00 PM - 2:00 PM (1-hour session)	Fit Test <i>Presented by BL Exercise and Falls Prevention Team</i> This Fit Test for seniors is designed to assess mobility, strength and could determine your risk for falls ensuring a safer and more active lifestyle.	Lower Studio
1:30 PM - 1:50 PM (20-minute session)	We're Here to Support You! <i>Presented by the Better Living Intake Team</i> Join us for an informative session about the programs and services available to support your well-being and independence. Learn about our eligibility criteria and how to register for the services that best suit your needs.	Media Lounge
2:00 PM - 2:20 PM (20-minute session)	Medical Cannabis 101: Pain, Sleep, and More <i>Presented by Apollo Research</i> Join us to learn how medical cannabis can help manage pain, improve sleep, and ease anxiety. Explore how it works, how to get a prescription in Canada, product options, and safety tips for informed use.	
2:40 PM	Raffle Draw	Auditorium
2:50 PM	Closing Remarks	