



September 9 – 11, 2026



1 Overland Dr, Toronto M3C 2C3

Join us for three exciting days filled with:

- Complimentary classes
- Workshops
- Special events
- The Senior Active Living Fair
- Giveaways

There's an exciting lineup of activities, tours, and community participation opportunities. **We have something for everyone!**



For more information, please contact our Active Living Programs team: frontdesk@betterlivinghealth.org or 416-447-7244 ext.622