



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

Seniors Active Living Fair

Join us for a fun-filled afternoon of social activities and networking, hosted by the Active Living team.



September 11, 2026



11:00 AM – 3:00 PM



1 Overland Dr, Toronto M3C 2C3

Meet our exhibitors showcasing:

- Community resources
- Health and wellness information
- Healthy snacks
- Giveaways



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Funding provided by:



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