

519 254 1108 www.lifeafterfifty.ca/BeWellExpo

LAF MEMBERS & NON-MEMBERS WELCOME

FREE TRANSPORTATION

FREE LUNCH!

50/50 DRAW!

BeWellExpo

HEALTHY LIVING EXPO FOR ADULTS IN WINDSOR/ESSEX

2023

ALL AGES WELCOME

SATURDAY SEPT. 30

9AM - 2PM
1525 HWY ON-#3

FREE ADMISSION



9AM

WELCOME/ 'WELLNESS WALK' REGISTRATION

9:30AM

WELLNESS WALK, TALK & STROLL *Participation optional

- Registration required (\$20)
- Prizes for funds raised.
- All ages welcome.
- 3km (partial gravel) route along Tranquility Trail OR
- 1km (fully paved/ accessible) route.

10AM

MOTIVATIONAL SPEAKER

- Speaker: Jermaine Jackson
- From: Thriving Solutions

10:30AM

DRUM CIRCLE

- Lead by: Nelson Ing
- Instruments provided.

10:45AM

WINTER GARDENING TIPS

- Lead by: Horticulturalist Denise
- Outdoor (weather permitting)

11AM

LEARN TO DANCE: THE BACHATA

- Lead by: Denise Aversa
- Bachata: a style of social dance from the Dominican Republic
- No experience required.

11:15AM

ALL ABOUT DOWNSIZING YOUR HOME

- Holly from Lifetimes
- Danielle from ONESource
- Answer questions about money, care needs, selling your home, etc.

11:45

FREE LUNCH LIVE MUSIC BY BRENDAN SCOTT FRIEL

Lunch provided for up to 200 people.

12:15PM

RISKS & BENEFITS OF CANNABIS USE

- Lead by: Dr. Hasan Hawilo
- Possible effects on anxiety, pain,
- Open Q & A Period
- Ways to reduce risks.

1PM

SELF CARE STRATEGIES

- Lead by: Scott Lockwood
- Practical recommendations.

1:15PM

ZUMBA!

- Lead by: JoAnne Ediger.
- Running shoes required.

2PM

CLOSE/ THANK YOU

EXPO HIGHLIGHTS:

- 30+ Wellness Info tables
- FREE Chair Massage
- FREE Lunch & Snacks
- Fall craft sales



Details: www.lifeafterfifty.ca/news/bwetransportation

FREE HEALTH SERVICES:

- Falls Prevention/ Balance Tests
- Hearing Testing/ Wax Checks
- Oral Cancer Screenings
- Mobile Medical Clinic (details below)

WINDSOR ESSEX ONTARIO HEALTH TEAM **MEDICAL SUPPORT.**

MOBILE CLINIC

TESTING • HEALTH SERVICES • SUPPORTS

<p>Primary Care Check-up Prescriptions, Referrals</p> <p>Chronic Disease Support COPD, CHF, Diabetes</p> <p>Preventative Care Vaccinations, FIT, PAP, Mammogram referrals, Health teaching</p> <p>Testing Covid-19, STI, Pregnancy Wound Care, Foot Care</p>	<p>Mental Health Support Substance/Addiction Services Overdose prevention, Harm reduction supplies</p> <p>Community Connections Housing assistance, Forms, Ontario Works, Social supports</p> <p>Education and Resources Support for Seniors, Families, Parents, Adults, Teens & Children</p>
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SPONSORED BY:



Start your Saturday morning off right!

WELLNESS WALK, TALK & STROLL

1km/ 3km along
Tranquility Trail

Work towards your 10,000 steps and
help Life After Fifty raise \$10,000!

PART OF THE:



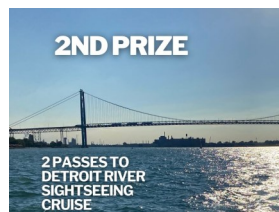
SATURDAY
SEPTEMBER 30

1525 Hwy ON-#3
Registration Begins: 9AM
Walk: 9:45- 10:30AM

www.lifeafterfifty.ca/events/bwe-walktalkstroll

Registration \$20/person OR
Collect Pledges
WIN PRIZES!

MIN. REG \$20 = 1 CHANCE TO WIN
RAISE \$100 = 10 CHANCES TO WIN
RAISE \$250+ = 30 CHANCES TO WIN!



**ANYONE WHO REGISTERS/
RAISES \$20 OR MORE COULD WIN:**



Sunwing Travel Voucher
\$100 towards travel booking.



Windsor Symphony Tickets
2 tickets to a Fall 2023 show.



Urban Surf Co.
2x 1hr rentals



Holistic Gift Package
from White Feather Holistic Arts



Red Lobster Restaurant
\$50 gift certificate.



Food Basics Grocery Store
\$50 gift certificate.



Macro Foods Meals to Go
\$100 gift certificate.



2 for 1 Bike Repair Services
from the Mobile Bike Guy (\$80 value).



Dental Care Basket
from GoSmile Mobile Dental



Event proceeds support programs & services for older adults in Windsor at Life After Fifty

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