

Seniors' Lifestyle Expo

Active, Vibrant, Engaged!



Thursday, May 29th • 1pm to 3pm
Bonsor Recreation Centre | Banquet Room

6550 Bonsor Avenue, Burnaby

Community Resources | Social Connections | Active Living
Demonstrations | Door Prizes

Whether you're looking for expert advice, community resources, or new ways to stay engaged and connected, this event is for you. Learn how to optimize your wellbeing, enrich your social life, and gain valuable insights into active independent living.

There's something for everyone. We look forward to seeing you there!

Admission is FREE and RSVPs are appreciated but not necessary.

**For more information, or to register, please call
Erin or Wendy at (604) 526-2248.**

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