

WILSON SENIORS

IS HOSTING

A FREE HEALTH & WELLNESS FAIR

OCTOBER 1ST (National Seniors Day)

FROM 2:00 PM TO 7:00 PM

Celebrating Seniors and their families!

**Engage with community health experts
and wellness specialists.**

**Enjoy complimentary coffee, giveaways, interactive
exhibits, and a chance to win exciting door prizes.**



**Discover a myriad of professional services, recreational
activities, and educational opportunities tailored just
for seniors. Bring your friends!**

Port Coquitlam Community Center Mabbett Hall

2150 Wilson Street, Port Coquitlam, B.C.

Join us for a day dedicated to your health and wellness!

**For more information visit our website: *Jr*
<https://wilsonseniors.ca/> or visit us on FaceBook**