

Wellness Fair & Open House

Wednesday, September 4, 2019

9:30 a.m. - 2:30 p.m. - 670 Albert Street, Ottawa

This event will feature information on health, safety, and social services in the Ottawa area; and will highlight the programs and services at The Good Companions!

- **Free Admission/Parking**
- **Free Chili and Cornbread**
- **Swag Bags**
- **Door Prizes**
- **Seminars**
- **30 + Exhibitors**
- **Blood Pressure Clinic**
- **Fitness Demonstrations**
- **Cooking Demonstration**
- **TGC Craft Studio Sale**

For more information contact The Good Companions
at 613-236-0428 Ext. 2221, or visit our website: www.thegoodcompanions.ca

The Good Companions' Wellness Fair & Open House is brought to you in partnership with the Older Adult Centres' Association of Ontario and funded by The Ministry for Seniors and Accessibility

Funded by:

