

DOWNTOWN CONNECTION 2019

55+ RESOURCE EVENT

PORTAGE PLACE SHOPPING CENTRE
EDMONTON COURT
WEDNESDAY, OCTOBER 30th

Time	Fitness Demo	Presented By:
11:00am	Variety Dance Demo	West End Active Living Centre
12:15pm	Line Dancing	Valour CC
11:00am–1:30pm	Information Booths	Various Helpful Agencies

FOR MORE INFO: Healthy Aging Resource Team 204-940-8140



Winnipeg Regional
Health Authority
Caring for Health

Office régional de la
santé de Winnipeg
À l'écoute de notre santé

In Celebration of Seniors & Elders Month