



Age-Friendly Expo 2025

Sponsored by:



Wellness Village

**Explore the
Path to
Wellbeing**



Empower yourself to take an active role in your wellbeing
at every age and stage!

Explore exhibits and activities designed to promote
physical, mental, and social wellness!

WEDNESDAY MAY 7	TIME 9AM-6PM	Point Edward Arena
--------------------	-----------------	-----------------------

NEW!

- Youth Engagement
- Entertainment & Interactions

**Free Admission
and Treats**

**Over 100 Exhibitors
Resources & Supports**

Giveaways & Swag

For more information or to volunteer at the event, visit:

**www.agefriendlyarnialambton.ca
agefriendlyarnialambton@gmail.com**