



# Active Living Fair

**Bridlewood Mall - 2300 Warden Ave.**  
**Saturday, March 29, 2014**  
**10:00am – 3:00pm**



Enjoy exhibits, exercise demonstrations, healthy grocery shopping  
Visit booths to measure your weight, height (BMI), have an eye care screening

**Older adults, seniors, families and caregivers welcome!**

## **Mall Upper Level**

**Ask Geriatric Experts Questions** (One On One Sessions)

**Workshops** (Light refreshment is provided)

- 10:00 – 10:45am Simple Fun Cooking (Cantonese)
- 11:00 – 11:45am Simple Fun Cooking (English)
- 12:00 – 12:45pm Be a Smart Consumer (English)
- 1 :00 – 1:30 pm Regular Physical Check Up (Mandarin)
- 1:45 – 2:15 pm Regular Physical Check Up (Cantonese)

## **Mall Lower Level Centre Court**

**Exercises Demo**

- 10:00 – 10:35am NIA Dance
- 11:00 – 11:35am Tai Chi
- 12:00 – 12:20pm Nordixx Pole Walking

**Healthy Grocery Shopping**

- 10:00 - 10:30am Mandarin
- 11:00 - 11:30am Cantonese
- 1:30 - 2:00pm English

**For more information, please contact:**

St. Paul's L'Amoreaux Centre  
3333 Finch Ave E.  
416-493-3333

