

Lots of information for seniors at Fair



The Caledon Seniors' Centre in Bolton was a very busy place recently for the annual 55+ Active Living and Wellness Fair. The day featured speakers on a number of topics of interest to seniors, such as health, investments, nutrition, etc. There were also a number of information booths set up. Details of Peel Region's 2-1-1 public information service were being provided by Jacqueline Storkey and Rebecca Cowell. Photos by Bill Rea



Caledon Community Services was well represented at the Fair. Sharron Breen of Bolton was getting her blood pressure checked by Jacquie Parliament, coordinator of the Caledon Specialists Clinic.



Brenda Alderdice of Downsizing Diva had lot of advice on how people could manage all their stuff.



Ginger Quinn of Georgetown and Tina Daalderop of Bolton were explaining the benefits of poll walking.



Bolton's Dave Kostynyk was on hand, representing the Denturists Association of Ontario.



Caledon OPP?acting sergeant Brenda Evans had lots of useful information for seniors.