

## Many out for Active Living and Wellness Fair



About the only thing in short supply at Caledon Seniors' Centre recently was elbow room. The facility was packed for a 55 Plus Active Living and Wellness Fair. The hosting Seniors' Centre also had one of the first booths people saw when they entered. It was being manned by Molly Jakeman and Joy Croft. Photos by Bill Rea



Emily MacPherson, coordinator of seniors' health and wellness at Caledon Community Services, was mentioning some of the agency's programs to Josie Rocca of Bolton.



Ginger Quinn was explaining the benefits of Nordixx Pole Walking to Frank Tegel of Bolton.



Jackie Hollett, an older persons' substance use and gambling counsellor was offering information about Peel Addiction Assessment and Referral Centre.



Dufferin-Caledon MPP Sylvia Jones was accompanied by Constituency Assistant Carol Clarke.