

# Seniors' Lifestyle Expo

*Active, Vibrant, Engaged!*



**Thursday, June 11th at 1:00 pm to 3:00 pm**

**Bonsor Recreation Centre, Banquet Room**

**6550 Bonsor Avenue, Burnaby**

Community Resources | Social Connections | Active Living | Demonstrations | Door Prizes

Whether you're looking for expert advice, community resources, or new ways to stay engaged and connected, this event is for you. Learn how to optimize your wellbeing, enrich your social life, and gain valuable insights into active independent living.

There's something for everyone. We look forward to seeing you there!

**Admission is FREE and RSVPs are appreciated but not necessary. For more information, or to register, please call Erin or Wendy at 604.526.2248.**

*Proudly presented by*



[bonsor55.plussociety.org](http://bonsor55.plussociety.org)



[parcliving.ca/mulberry](http://parcliving.ca/mulberry)