



Fall Gracefully into Aging



Newly retired, not sure what to do?

Age Friendly Presentations & Trade Show



(Sponsored in partnership with Service to Seniors Swan River and Manitoba Association of Senior Communities)

Saturday September 23, 2023 11 am to 2pm
Veterans Community Hall Swan River

*Various speakers on how to age gracefully in your own home and community
Services within our valley geared for people over the age of 55*

**Maggie's BBQ will be on site with their famous bacon cheeseburger and fries for \$10
to those attending the trade show**

Presentations start at 11 am

- **Opening Remarks from Board Member Keith Behrmann**
- **Rick Wowchuk, MLA**
- **Rod Seib, Canadian Mental Health Association**
- **Geoff VanMackelbergh, Alzheimer's Manitoba**
- **Deb Wilson, Get Better Together & PMH**
- **Adam Anderson/Kirsten Davidson, MB Lung Association**
- **Jan Fawcett, 25th Anniversary of Lifeline in the Swan Valley & CAKE**

MB Lung association, Alzheimer's Society, Rick Wowchuk, SR Adult Education, Back Stage Gym and Star City Cinema, Fitness 24/7, D'Zines by Donna and Macklyn, EC Friendship Center, Get Better Together & PMH, Riverview Condo's, Swan River Senior Center, Canadian Mental Health Association, 25th Anniversary of LifeLine in the Swan Valley, Paige Lukey Esthetician, Hobby shed, Community Foundation of the Swan Valley, Cancer Navigation, Melanie Bird Painting, SR Community Band, SR Curling Club, Town of SR Recreation, Andy Maxwell NDP

Free Admission-Open to the Public