

The Pros Know **55 Plus** Active Living & Resource EXPOS 2024

Visit prosknowexpos.ca for 2024 dates, locations & On-Line resources for Seniors!

Springing into Action & Getting that help!



Rick Roschuk
Trish Bennett

Wow! What a line-up! Well, what one month can do for a cause! Since we last chatted there has been a wonderful serge in finalizing this years Expos.

A&O Support Services, 211MB (United Way), PEAM (Prevent Elder Abuse Manitoba), Northway Pharmacy Group and Canadian Footwear to name a few have joined the fold.

We have always stressed that the purpose of these localized mini-expos is to bring the much needed resources directly to you in your neighbourhoods. This year is no different.

Please, please, please take the time if you have the means and visit our web-site often to get updates on locations and the listings of the great organizations and businesses coming to improve our lives and well-being.

www.prosknowexpos.ca will help you find the missing pieces needed for a good journey moving forward. We are here for you. Take care and see you soon, *Rick & Trish!*

NO-CHARGE
FREE ADMISSION
NO-CHARGE
TO THE PUBLIC



Spring Shows 2024

Show Times:
9:30am to 2:00pm Daily!



Thursday, April 25th | North End
Sgt. Tommy Prince Place
90 Sinclair Street
Venue Host: A&O Support Services



Thursday, May 23rd | Charleswood
Charleswood United Church
4820 Roblin Blvd.
Venue Host: TBA



Thursday, May 30th | Fort Rouge
Fort Rouge Leisure Centre
625 Osborne Street.
Venue Host: TBA

More information at: prosknowexpos.ca