

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

Bringing Resources to our Older Adult Population for Better Aging & Happier Living!



## Spring Shows 2024



**PKE  
Venue  
Hosts:**



Mind, Body & Soul  
Fitness & Wellness  
[activeagingmb.ca](http://activeagingmb.ca)



## Charleswood United Church

4820 Roblin Blvd. | Charleswood  
**Thursday, May 23rd**

MASC Host: Charleswood 55+

Show Times: **9:30am - 2:00pm** | Exhibitors List at: [prosknowexpos.ca](http://prosknowexpos.ca)

Providing seniors & their families the resources to improve their lives and well-being!

Our Amazing Sponsors:



Mark this date on your calendar and stay updated at: [prosknowexpos.ca](http://prosknowexpos.ca)  
website: [prosknowexpos.ca](http://prosknowexpos.ca) | email: [redroadmusic@shaw.ca](mailto:redroadmusic@shaw.ca) | cell: 204.414.9290