



The
Pros Know 55+
Active Living & Resource Expos

2026

Show Dates
& Locations

Four more **Pros Know Expos** in 2026. | Details at: prosknowexpos.ca



Yup! Free!

SHOW TIME! Four Great 'FREE' Clinics for Seniors!


It's...Show Time!
Happy Spring...Again! Yup! Again, still, etc. Now I know the weather is a little wacky, but hey, haven't seen -20 in a while so we're on the right track. Speaking of which, It's May and our first two shows of the year are almost here! **Wednesday, May 20th** at Sgt. Tommy Prince Place and **Wednesday, May 27th** at Charleswood United Church. All shows are from 10:00am - 3:00pm with a ton of great help for Seniors and our families. This year, we're got something special for everyone. Thanks to the folks from Diamond Athletic and Medical Supplies for stepping up and suggesting that they hold **'Walker Tune-Up Clinics'**, we then found three other outstanding members of the Pros Know family to do clinics of their own. Specsavers Winnipeg, (8 Locations), the folks at Canadian Footwear and our peeps from Prime Home Health, came up with great suggestions to round out this concept. Who knew? Well, to say the least, your

experience has just reached a new level of awesome **Seniors Friendly Care**. Specsavers will have **'Eye Glasses, Tune Ups, Cleaning and more'**. Canadian Footwear will hold **'Footwear Consultation'** clinics and the angels at Prime Home Health, well, a fan favorite, **'Blood Pressure'** clinics. When you take into consideration all the other remarkable exhibitors and our Top Notch Sponsorship Group, there's an uncountable array of services and products at these shows in May for you to experience. Remember: **No Admission Charge** to enter the shows at any time. We're all here for you and yours so we can engage in making lives better, period. These shows started in October 2021, and by October 1st of this year, we'll have done 31 shows in our community for you. Please share with your family and friends. Look for the full-page AD here in this edition with more details of what's to come. Hope to see you there! **Thank you to all, and stay well!**

<p>Quality Products & Services from some of the best in the business!</p>	 <p>DIAMOND ATHLETIC MEDICAL SUPPLIES INC. Walker Tune-Up Clinics</p>  <p>PRIME Home Health <i>Nurse-Led and Doctor-Supported Care</i> Blood Pressure Clinics</p>	 <p>Specsavers Eye Glass Tune-Up Clinics</p>  <p>Canadian Footwear Since 1932 Foot Consultation Clinics</p>
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Going to the Spring Shows? Times: 10:00am - 3:00pm

North End | Sgt. Tommy Prince Place
90 Sinclair Street
Wednesday, May 20th, 2026 
Theme: Active Aging in Place

Charleswood | Charleswood United Church
4820 Roblin Blvd.
Wednesday, May 27th, 2026 
Theme: Community Services Access



Show information at: prosknowexpos.ca