



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!

Thank You Winnipeg! Spring a Hit! Part 2 in the Fall!

Thank you, thank you, Winnipeg! May shows so well received! Where to start? Hmmm. Venues, thank you to the folks at Sgt. Tommy Prince Place and at Charleswood United Church for hosting our May 20th and 27th Expos. Simply put, great venues to hold any type of event.

To the folks who attended, we hope you received the information you needed to make life better for you and yours.

To our Sponsors, Exhibitors and the four 'Tune-Up Clinic' providers. Top shelf people, top shelf.

In reality, we're going to need the next three months to thank all who made the Spring Shows successful. We will try.

As we take some time in June to live a bit of a normal life, we're finalizing the two remaining shows, September 23rd and October 1st (See AD to the right). Next month we'll start giving you a list and taste of what's to come, so you can prepare to attend. If you couldn't make the Spring Shows, be sure to attend one of or both Fall Shows. No regrets!

In the meantime, if you're needing help to find quality better-living resources for you and yours, you can find tons of great links to all of our Sponsors, Exhibitors and Tune-Up Clinics on our website at: www.prosknowexpos.ca

Now, some quick 'Fall' notes for you. We are looking forward to being at Fort Garry Mennonite Brethren Church on September 23rd and then over to Dakota Community Centre on October 1st.

Please stay tuned here and on-line for your updates and information on who is exhibiting on these dates.

Then please, please, please, share with your family and friends this information so we can help even more of our collective community. A healthier, happier community goes a long way for everyone's quality of life. This is who we are and what we do here in Winnipeg, in our Province and our amazing Country.

Have a great summer and we look forward to seeing you all in September! **Thank you to all, and stay well!**
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Going to the Fall Shows? Times: **10:00am - 3:00pm**

Fort Garry | Fort Garry Mennonite Brethren Church

1771 Pembina Hwy.

Wednesday, September 23rd, 2026

Theme: Wills, Estates & Power of Attorney



St. Vital | Dakota Community Centre

1188 Dakota Street

Thursday, October 1st, 2026

Theme: Fraud & Scam Prevention



Show information at: prosknowexpos.ca