

Hanover Active Aging Expo A Success!

On March 24th, over 270 participants and vendors were in attendance for the Hanover Active Aging Expo. This is the third Expo that the Hanover Age Friendly Committee has put together, after receiving funds from an Ontario Seniors Community Grant. The funding received is utilized for speakers, live music and refreshments, making the event free of charge for participants.

This year's Expo was held at the newly opened Carriage House Event Centre in Hanover. The event included a tradeshow featuring 22 vendors and local organizations/clubs that offer services for seniors.

The Keynote speaker was Linda Crawford. She is a trainer, leader & keynote speaker for 25+ years, offering practical strategies for individual and organizational health and wellness. Linda has a passion for life and delivered an engaging presentation that will hopefully inspire change and action. Linda Crawford founded a wellness and personal development practice with the mission to support the transformation from mental stress to optimal health.

Later there was another speaker – Jenna Wickens. She is a certified professional consultant on aging and works with CFS Counselling + Wellbeing as the MatureMinds co-ordinator. Through her role, Wickens provides advocacy, education, programs, volunteer opportunities and community resource consultations that support seniors.



The Hanover Age-Friendly Committee was created in 2017, in response to one of the stated priorities of the Town of Hanover's Strategic Plan in 2010.