



# AGING WITH AUTONOMY

**A FREE COMMUNITY EVENT**

Aging with Autonomy is designed to help individuals and families understand the supports and resources available as they grow older.

From home care to planning ahead, it offers guidance to help you make informed choices so you can maintain independence, dignity, and control over your future.



- ✓ **DROP-IN EVENT**  
Come and go as you please.
- ✓ **GUEST SPEAKERS THROUGHOUT THE DAY**  
Details on our website.
- ✓ **SNACKS & COLD DRINKS**  
Available for purchase throughout the day.
- ✓ **DOOR PRIZES**  
Great prizes to be won!

 <b>DATE</b> MAY 31, 2026	 <b>TIME</b> 9:30 AM TO 4:30 PM	 <b>LOCATION</b> 999 COLLIP CR, LONDON, ON
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 **DETAILS & FULL SCHEDULE AVAILABLE ONLINE**  
[www.agingwithautonomyexpo.ca](http://www.agingwithautonomyexpo.ca)

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**COME. LEARN. CONNECT.**  
*Resources. Guidance. Community.*



For more information, visit  
[www.agingwithautonomyexpo.ca](http://www.agingwithautonomyexpo.ca)