



Inspire! Community Expo

**Saturday, July 22 – 10 am to 7 pm
Springbank Gardens at Wonderland Complex**

The 3 cornerstones of healthy living - activity, fun and knowledge - work together to make us whole, healthy, complete people.

See, Try and Do! A day of community building, healthy living, and fun for the whole family! In the words of Nathan - **shenanigans**. We invite you to attend this day of inspiration.

Join us for yoga, tai chi, a mental health talk, hoola hoops, live music and more. Visit our website for a complete list of sessions.

www.nathantdeslippe.com

Nathan Deslippe was a beautiful, kind, caring soul who liked to help and motivate people. He inspired so many with his mentoring, guidance, encouragement, support and personal example.

If you never try, you will never know.

What you can do to help

Sponsorship of all amounts would be much appreciated.

Sponsors who contribute over \$200 will have their name/logo on our t-shirts.

All sponsors will be acknowledged on our website and social media.

