



THE
HEALTHY
Living
EXPO

24
JANUARY

10 AM - 5 PM

HARVEST CENTRE
WESTERNER PARK
RED DEER

FITNESS | NUTRITION | LIFESTYLE

THE
HEALTHY
Living
EXPO™

FREE!

ONE FAMILY

OR

ONE ADULT

General Admission

JAN 24, 2026

10 AM - 5 PM

HARVEST CENTRE
WESTERNER PARK

RED DEER

PRESENT AT ENTRANCE FOR ONE FREE ADMISSION - FAMILY OR ONE ADULT