



Senior Wellness Expo

Thursday, May 19th from 10:00AM-1:00PM
Buxton Town Hall –185 Portland Road

Come shake off the winter blues and SPRING forward on your health and wellness goals! take control of your health and wellness! The Senior Wellness Expo will showcase local businesses and organizations who are ready to offer you tips and tricks for your overall well-being!

This is a **FREE EVENT**, open to local seniors who are looking for ways to improve their lifestyle!



More information about vendors to come!

*For more information, contact the Buxton Recreation Department
at 207-929-8381*