

Newcomers Pop-Up Health Fair

Friday, July 24, 2026

11:00 a.m. to 3:00 p.m.

Salvation Army Erin Mills Church

2460 The Collegeway, Mississauga, ON L5L 1V3

Celebrate International Self-Care Day at a family-friendly event created to support newcomers in building healthy, connected lives. Enjoy an afternoon of learning, relaxation and community while discovering local resources.



What to expect:

- Fun icebreakers to connect with fellow newcomers
- Free health screenings and breathwork
- Complimentary chair massages
- Interactive exhibits and fitness demos
- Delicious Lunch
- Exciting raffle prizes

SCAN HERE



For more information, contact
Dana at dana@rootscs.org
Or 905-455-6789 ext. 199
Visit us online at www.rootscs.org
Follow us on social media [@rootscspeel](https://www.instagram.com/rootscspeel)

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Register here to join us

bit.ly/rootscsnewcomershealthfair

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