

The Town of LaSalle is hosting a Health and Wellness Expo at the Vollmer Culture and Recreation Complex.

The expo will run from 12 p.m. to 2 p.m. Saturday, October 14. Admission to the event is free. In addition to the expo, free swimming will be offered at the Vollmer Complex from 2 p.m. to 4 p.m.

The Health and Wellness Expo will offer visitors a chance to participate in interactive health and wellness booths, meet professionals with knowledge on the benefits of healthy living, view live demonstrations, try free samples, learn new recipes and more! Prize giveaways will also take place throughout the day.

For more information, call the Vollmer Culture and Recreation Complex at 519-969-7771 or visit the Vollmer at 2121 Laurier Parkway. Updates about the event can be found at [www.lasalle.ca](http://www.lasalle.ca).