



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 2025 HEALTHY LIVING EXPO

Thriving in Place: Age Friendly Sanford in partnership with the YMCA Trafton Senior Center presents the 6th Annual Healthy Living Expo.

Join us Wednesday June 11th from 10:00am-noon at the Sanford-Springvale YMCA. Learn about area resources, classes and more! Door prizes, giveaways and more!

This event is FREE to the community, no registration is required. For more information, call the Y Trafton Senior Center at 207-457-0080.

