

LONGEVITY CITIES

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*Recognized as a Longevity Spot by Longevity Cities —  
part of a circle of places where living well comes naturally.*

# Banya No. 1 T oronto

FEATURED ON LONGEVITY CITIES



*Movement & Fitness · April 2026*

*Maurice Lichtenberg*

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CO-FOUNDER



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*Laura Pezza*

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