



## **Healthy Ageing: Supporting Seniors**

**Learn techniques to support and enhance your physical and cognitive functioning. Enhance your quality of life in seven unique, free workshops.**

**DATES:** May 28<sup>th</sup> – July 9<sup>th</sup> , 2024  
**TIME:** 10:00 am – 12:30 pm  
**WHERE:** Delbrook Recreation Ctr. Fir Room, 851 Queens Road, N. Vcr.

### **WORKSHOP TOPICS**

Sessions will include a presentation, group coaching and exploration, as well as opportunities to explore relaxation and stress relief techniques. The workshop facilitator will be available for individual support, in-person or by telephone. **You are welcome to attend all or some of the workshops.**

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| <b>May 28th</b>             | <b>WELL-BEING AND HEALTHY AGEING</b>   |
| <b>June 4th</b>             | <b>PHYSICAL ACTIVITY FOR HEALTHY AGEING</b>  |
| <b>June 11th</b>            | <b>PHYSICAL ACTIVITY, PART 2 (CONVERSATION AND PRACTICAL APPLICATION WORKSHOP)</b>       |
| <b>June 18<sup>th</sup></b> | <b>HEALTHY NUTRITION FOR SENIORS</b>   |
| <b>June 25<sup>th</sup></b> | <b>HEALTHY NUTRITION, PART 2<br/>(CONVERSATION WORKSHOP)<br/>Music by Roberto Risman</b> |
| <b>July 2nd</b>             | <b>SUPPORTING MENTAL WELL-BEING FOR HEALTHY AGEING</b>                                   |
| <b>July 9th</b>             | <b>FELTING WORKSHOPS WITH HELEN</b>  |

**TO REGISTER AND GET MORE INFORMATION ABOUT THESE FREE WORKSHOPS, PLEASE RESPOND [heatheredunsford@gmail.com](mailto:heatheredunsford@gmail.com) OR CALL THE KEEP WELL OFFICE AT 604-988-7115, ext. 3001.**