



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: Sept. 20th – Nov. 1st, 2024
TIME: Friday afternoons from 1:30 – 3:30 pm
WHERE: Molly Nye House, Lynn Valley

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.**

Sept. 20 th	WELL-BEING AND HEALTHY AGEING
Sept. 27 th	PHYSICAL ACTIVITY FOR HEALTHY AGEING
Oct. 4 th	PHYSICAL ACTIVITY, PART 2 (CONVERSATION AND PRACTICAL APPLICATION WORKSHOP)
Oct. 11 th	HEALTHY NUTRITION FOR SENIORS Sandy Hoshizaki (Reg. Dietitian)
Oct. 18 th	HEALTHY NUTRITION, PART 2 - PARC Retirement Living - Demonstration
Oct. 25 th	SUPPORTING MENTAL WELL-BEING FOR HEALTHY AGEING – Frauds & Scams (Seniors First BC)
Nov. 1st	SOCIAL INCLUSION AND INTERCONNECTEDNESS – Music with Roberto Risman

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