



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: February 8th – March 22nd, 2025 (Saturdays)

TIME: 1:00 – 3:00 pm

WHERE: North Shore Neighbourhood House

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.**

Feb. 8th	WELL-BEING AND HEALTHY AGEING
Feb. 15th	PHYSICAL ACTIVITY FOR HEALTHY AGEING
Feb. 22nd	PHYSICAL ACTIVITY, PART 2 (CONVERSATION AND PRACTICAL APPLICATION WORKSHOP)
Mar. 1st	HEALTHY NUTRITION FOR SENIORS
Mar. 8th	HEALTHY NUTRITION, PART 2
Mar. 15th	SUPPORTING MENTAL WELL-BEING FOR HEALTHY AGEING
Mar. 22nd	SOCIAL INCLUSION AND INTERCONNECTEDNESS

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