

Home

**Welcoming all Seniors on the North
Shore for over 30 Years!**

Exercise and Wellness for Seniors

**Keeping Seniors mobile and
well through fitness, health
awareness, social contact
and wellness education.**

North Shore Keep Well Society encourages and helps older adults to keep well by leading active and independent lives. We provide FREE drop-in programs in which older adults can learn and

practice regular keep well activities.

[Click here](#) to see our current programs available.

Stay up-to-date on what's going on at Keep Well Society

[See our Newsletters](#)

Come and Join Us!

[View the Schedule](#)

No Charge to Visit and Learn

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In the News

Christmas Party Dates and January Start-up Dates

December 5th, 2018|[0 Comments](#)

Christmas Party Dates: NSNH
17th Delbrook [...]

Monday, December

Fashion Show October 12th

September 10th, 2018|[0 Comments](#)

The North Shore Keep Well Society held a major fund raising event of a Fashion Show and Silent Auction at Silver Harbour Centre on October [...]

Keep Well Demonstration at Capilano Mall

September 10th, 2018|[0 Comments](#)

Keep Well Week on the North Shore was celebrated from September 17th to 21st. An exercise demonstration at Capilano Mall on Wednesday, September 19th attracted [...]

[See all our News](#)

Is Keep Well right for me?

Keep Well is an exercise and wellness program for mobile seniors. Programs take place weekly and year round (except August) at eight organizations from Parkgate to Dundarave. The two hour program includes one hour of exercise followed by one hour of blood pressure checks

and health coaching, massage, speakers and social times. Keep Well is free, open and inclusive to participants.

[Learn About Us](#)

Our Funders

Our Funders





Our Locations

Our two hour exercise and wellness program for seniors takes place at eight locations from Parkgate to Dundarave. One hour of mild exercise is followed by one hour of blood pressure checks, health coaching, shoulder, hand and foot massage, speakers and social time.

[See our Locations](#)

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SCHEDULE

**Check out our
Schedule**

[Schedule](#)

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Answers**

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