



HOW CAN I SUPPORT KEEP WELL?

- **VOLUNTEER YOUR TIME!**

We need people from the health professions who can take blood pressure and provide nutrition consults. We need people who are trained or willing to be trained in massage. We need people to help with class registrations and educational and social events.

- **MAKE A DONATION!**

Donations may be sent to:

North Shore Keep Well Society
600 West Queens Road
North Vancouver, BC V7N 2L3

An official tax receipt will be issued for donations of \$10.00 or more.

Charitable Registration
897468351RR0001
#0899336-09

HOW IS KEEP WELL FUNDED?

The NS Keep Well Society is funded by donations from our program participants, VCH, PARC, District of North Van, City of North Van, District of West Van, North Shore Community Foundation, West Van Community Foundation, Service Clubs and Societies. NV Community Centres, North Shore Neighbourhood House, Silver Harbour, West Van Seniors Activity Centre and WV Kiwanis allow Keep Well to use their facilities at no cost.

HOW DO I JOIN?

Just show up about 15 minutes early to the site of your choice. You will be warmly welcomed. Phone calls and emails will be returned as quickly as possible.

Brochure sponsored by



February 2020



The NS Keep Well Society's goal is to encourage and help older adults to keep themselves well by leading active and independent lives.

SENIORS 55+

SEVEN DROP-IN PROGRAMS

MILD EXERCISE

Standing on feet and sitting in chairs

BLOOD PRESSURE MONITORING

And health coaching

MASSAGE

Shoulder, hand, and foot

NUTRITION AND WEIGHT

INFORMATION AND REFERRAL

EDUCATIONAL SESSIONS

SOCIAL EVENTS

Keep Well is a community-based, non-profit program for over 33 years. Participation in the program is free.

NORTH SHORE KEEP WELL SOCIETY - SCHEDULE - SEPTEMBER TO JUNE

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p>North Shore Neighbourhood House 225 East 2nd Street North Van. V7L 1C4</p> <p>9:30 - 10:30 Mild Exercise 10:30 - 12:00 Hands-on</p> <p>Last Monday of each month Muffins, Coffee & Speaker</p>	<p>Parkgate Community Centre 3625 Banff Court North Van. V7H 2Z8</p> <p>9:30 – 10:30 Mild Exercise 10:30 – 11:30 Hands-on</p> <p>Last Tuesday of each month Muffins, Coffee & Speaker</p>	<p>Silver Harbour Centre 144 East 22nd Street North Van. V7L 4L5</p> <p>9:30 - 10:30 Mild Exercise 10:30 - 11:30 Hands-on</p> <p>Coffee & Snacks every week Speaker on last Wednesday</p>	<p>West Vancouver Seniors' Activity Centre 695 – 21st Street West Van. V7V 4A7</p> <p>9:00 - 10:00 Mild Exercise 10:00 - 11:00 Hands-on</p> <p>Each week - Coffee and Lunch in the Cafeteria</p>	<p>St. Stephen's Parish 1360 East 24th Street North Van. V7J 1R5</p> <p>9:30 - 10:30 Mild Exercise 10:30 - 11:30 Hands-on</p> <p>Last Friday of each month Muffins, Coffee & Speaker</p>
<p>Delbrook Recreation Centre Arbutus Room 851 West Queens Road North Van. V7N 4E3</p> <p>11:00 - 12:00 Mild Exercise 12:00 - 1:00 Hands-on</p> <p>Last Monday of each month Muffins & Coffee</p>	<p>West Vancouver Kiwanis The Great Hall 999 21st Street West Van. V7V 0B4</p> <p>11:00 - 12:00 Mild Exercise</p>			

- **Mild Exercise** – Strength, stamina, and balance exercises, standing and sitting, and using some equipment. Exercises continue at some sites throughout July and August.
- **Hands-on Program** – Most sites offer the following: blood pressure checks and health coaching, shoulder massage, hand and foot massage, weight checks, nutrition, information and referral.
- **Guest Speakers and Social Events** – Offered from time to time.

Tel: (604) 988 - 7115 ext 27 Email: keepwellsociety@telus.net Website: www.keepwellsociety.ca



North Shore Keep Well Society



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