



## **Healthy Ageing: Supporting Seniors**

**Learn Techniques To improve Your Physical and Cognitive Functioning and Quality of Life In 10 Unique, Free Workshops**

**DATES:** February 7th to April 11<sup>th</sup> 2022, every Monday  
**TIME:** 2:00 pm – 4:00 pm (presentation)  
4:00 pm – 5:00 pm (individual coaching with facilitator - optional)  
**WHERE:** Parkgate Community Centre,, 3625 Banff Court, N.V.

### **WORKSHOP TOPICS**

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| <b>Feb. 7</b>  | <b>WELL-BEING AND HEALTHY AGEING</b><br>(presentation and brainstorming)   |
| <b>Feb. 14</b> | <b>PHYSICAL ACTIVITY FOR HEALTHY AGEING</b><br>(presentation and brainstorming)  |
| <b>Feb. 21</b> | <b>CONVERSATION AND PRACTICAL APPLICATION WORKSHOP:</b><br>How to keep or increase physical activities, sharing experiences, tips and insights               |
| <b>Feb. 28</b> | <b>HEALTHY NUTRITION FOR SENIORS</b><br>(presentation and brainstorming)   |
| <b>Mar. 7</b>  | <b>CONVERSATION WORKSHOP:</b> exploring action steps to healthy eating; sharing recipes, cooking experiences   |
| <b>Mar. 14</b> | <b>SLOWING DOWN AGEING WITH HEALTHY SLEEP &amp; RELAXATION</b><br>(presentation and brainstorming)   |
| <b>Mar. 21</b> | <b>CONVERSATION WORKSHOP:</b> discussing approaches to maintain good quality of sleep, sharing personal experiences, demonstration and relaxation techniques |
| <b>Mar. 28</b> | <b>SUPPORTING MENTAL WELL-BEING FOR HEALTHY AGEING</b>   |
| <b>Apr. 4</b>  | <b>SOCIAL INCLUSION &amp; INTERCONNECTEDNESS</b>   |
| <b>Apr. 11</b> | <b>COMMUNITY INTEGRATION</b>   |

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

**TO REGISTER AND GET MORE INFORMATION ABOUT THESE FREE, WORKSHOPS, PLEASE RESPOND TO THIS EMAIL OR CONTACT HEATHER DUNSFORD AT 604-929-1964**