



Healthy Aging for Seniors

Learn Techniques to improve Your Physical and Cognitive Functioning and Quality of Life in 10 Unique, Free Workshops

DATES:

Sep 15 – Nov 17

Every Thursday

TIME:

1:00 – 3:00 pm

@ Silver Harbour Centre - Card Room

WORKSHOP TOPICS

Sep 15	WELL-BEING AND HEALTHY AGEING
Sep 22	PHYSICAL ACTIVITY FOR HEALTHY AGEING
Sep 29	PHYSICAL ACTIVITY (Part 2): Exercise for Stability and Joints Health
Oct 6	HEALTHY NUTRITION FOR SENIORS
Oct 13	HEALTHY NUTRITION (Part 2): Balancing protein, carbohydrates, and fats
Oct 20	SLOWING DOWN AGEING WITH HEALTHY SLEEP & RELAXATION
Oct 27	HEALTHY SLEEP & RELAXATION (Part 2): Sleep Hygiene
Nov 3	SUPPORTING MENTAL WELL-BEING FOR HEALTHY AGEING
Nov 10	SOCIAL INCLUSION & INTERCONNECTEDNESS
Nov 17	KEEP WELL: COMMUNITY INTEGRATION