



## HOW CAN I SUPPORT KEEP WELL?

- VOLUNTEER YOUR TIME!**

We need people from the health professions who can take blood pressure and provide nutrition consultations. 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  
1733 Lions Gate Lane,  
North Vancouver, BC V7P 0C7

“Official tax receipts will be issued for over \$25.00”

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, Silver Harbour, North Shore Neighbourhood House, West Van Seniors Activity Centre WV and NV Kiwanis allow Keep Well to use their facilities at no cost.

## HOW DO I JOIN?

Just arrive 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



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+

### Eight 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 35 years. Participation in the program is free.

# NORTH SHORE KEEP WELL SOCIETY

| MONDAYS  | TUESDAYS   | WEDNESDAYS   | THURSDAYS  | FRIDAYS  |
|--|--|--|--|--|
| <p style="text-align: center;"><b>Zoom Virtual Exercise Class</b></p> <p>online – please contact <a href="http://www.keepwellsociety.ca">www.keepwellsociety.ca</a> to register</p> <p>9:00 - 10:00 Mild Exercise</p>        | <p style="text-align: center;"><b>Parkgate Community Centre</b></p> <p style="text-align: center;">3625 Banff Court<br/>North Van. V7H 2Z8</p> <p>9:30 – 10:30 Mild Exercise<br/>10:30 – 11:30<br/><i>BP Clinic &amp; Other Activities</i></p> | <p style="text-align: center;"><b>Zoom Virtual Exercise Class</b></p> <p>online – please contact <a href="http://www.keepwellsociety.ca">www.keepwellsociety.ca</a> to register</p> <p>9:00 - 10:00 Mild Exercise</p>  | <p style="text-align: center;"><b>Lions Gate Recreation Centre</b></p> <p style="text-align: center;">1733 Lions Gate Lane<br/>North Van. V7P 0C7</p> <p>10:00 – 11:00 Mild Exercise<br/>11:00 – 12:00 <i>Hands-On: BP Clinic &amp; Other Activities</i></p> | <p style="text-align: center;"><b>Silver Harbour Centre</b></p> <p style="text-align: center;">144 East 22<sup>nd</sup> Street<br/>North Van. V7L 4L5</p> <p style="text-align: center;"><b>The class will move to:<br/>North Vancouver Kiwanis<br/>Lynn Woods*</b><br/>2555 Whiteley Court,<br/>North Vancouver, V7J 3G9</p> <p>9:30 - 10:30 Mild Exercise<br/><i>BP Clinic &amp; Other Activities</i><br/><i>*The date will be announced</i></p> |
| <p style="text-align: center;"><b>North Shore Neighbourhood House</b><br/>225 East 2<sup>nd</sup> Street<br/>North Van. V7L 1C4</p> <p>9:30 - 10:30 Mild Exercise<br/><i>BP Clinic</i></p>                                   |  | <p style="text-align: center;"><b>Silver Harbour Centre</b></p> <p style="text-align: center;">144 East 22<sup>nd</sup> Street<br/>North Van. V7L 4L5</p> <p>9:30 - 10:30 Mild Exercise<br/><i>BP Clinic</i></p>   |  | <p style="text-align: center;"><b>West Vancouver Kiwanis</b></p> <p style="text-align: center;">959 21 Street<br/>West Van. V7V 4Y3</p> <p>9:30 – 10:30 Mild Exercise<br/><i>BP Clinic</i></p>   |
| <p style="text-align: center;"><b>Delbrook Recreation Centre</b></p> <p style="text-align: center;">Arbutus Room<br/>851 West Queens Road<br/>North Van. V7N 4E3</p> <p>11:00 – 12:00 Mild Exercise<br/><i>BP Clinic</i></p> |  | <p style="text-align: center;"><b>West Vancouver Seniors' Activity Centre</b></p> <p style="text-align: center;">695 – 21<sup>st</sup> Street<br/>West Van. V7V 4A7</p> <p>11:15 – 12:00 Mild Exercise<br/>12:00 – 12:45<br/><i>BP Clinic &amp; Other Activities</i></p> |  |  |

- **Mild Exercise** – Strength, stamina, and balance exercises, standing and sitting, and using some equipment.

Tel: (604) 988-7115 ext 3001 Email: [keepwellsociety@telus.net](mailto:keepwellsociety@telus.net) Website: [www.keepwellsociety.ca](http://www.keepwellsociety.ca)



North Shore Keep Well Society



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## Sponsors:

Vancouver Coastal Health, PARC Retirement Living, GMR Foundation, City of North Vancouver Community Foundation, The District of North Vancouver, The District of West Vancouver, West Vancouver Foundation