



## 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 – 时间表

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p><b>Zoom 线上运动课程</b></p> <p>网上报名, 请联系 <a href="http://www.keepwellsociety.ca">www.keepwellsociety.ca</a></p> <p>9:00 - 10:00 轻度运动锻炼</p>	<p><b>Parkgate Community Centre</b></p> <p>3625 Banff Court North Van. V7H 2Z8</p> <p>9:30 – 10:30 轻度运动锻炼 10:30 – 11:30 血压诊所和多元化活动</p>	<p><b>Zoom 线上运动课程</b></p> <p>网上报名, 请联系 <a href="http://www.keepwellsociety.ca">www.keepwellsociety.ca</a></p> <p>9:00 - 10:00 轻度运动锻炼</p>	<p><b>Lions Gate Recreation Centre</b></p> <p>1733 Lions Gate Lane North Van. V7P 0C7</p> <p>10:00 – 11:00 轻度运动锻炼 11:00 – 12:00 血压诊所和多元化活动</p>	<p><b>North Vancouver Kiwanis Lynn Woods</b> (暂时地点: Silver Harbour) 2555 Whiteley Court, North Vancouver, V7J 3G9</p> <p>9:30 - 10:30 轻度运动锻炼 血压诊所和多元化活动</p>
<p><b>North Shore Neighbourhood House</b></p> <p>225 East 2<sup>nd</sup> Street North Van. V7L 1C4</p> <p>9:30 - 10:30 轻度运动锻炼 血压诊所</p>		<p><b>Silver Harbour Centre</b></p> <p>144 East 22<sup>nd</sup> Street North Van. V7L 4L5</p> <p>9:30 - 10:30 轻度运动锻炼 血压诊所</p>		<p><b>West Vancouver Kiwanis</b></p> <p>959 21 Street West Van. V7V 4Y3</p> <p>9:30 – 10:30 轻度运动锻炼 血压诊所</p>
<p><b>Delbrook Recreation Centre</b></p> <p>Arbutus Room 851 West Queens Road North Van. V7N 4E3</p> <p>11:00 – 12:00 轻度运动锻炼 血压诊所</p>		<p><b>West Vancouver Seniors' Activity Centre</b></p> <p>695 – 21<sup>st</sup> Street West Van. V7V 4A7</p> <p>11:15 – 12:00 轻度运动锻炼 12:00 – 12:45 血压诊所和多元化活动</p>		

- 轻度运动锻炼– 力量、耐力和平衡练习, 站立和坐着, 以及使用一些设备。

电话: (604) 988-7115 ext 3001 邮箱: [keepwellsociety@telus.net](mailto:keepwellsociety@telus.net) 网站: [www.keepwellsociety.ca](http://www.keepwellsociety.ca)



North Shore Keep Well Society



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