



Healthy Ageing: Supporting Seniors

Learn techniques to support and enhance your physical and cognitive functioning. Enhance your quality of life in seven unique, free workshops.

DATES: September 28th – November 19th, 2023
TIME: 1:00 pm to 3:00 pm every Thursday
WHERE: MOLLY NYE HOUSE, 940 Lynn Valley Road,

WORKSHOP TOPICS

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

September 28th	WELL-BEING AND HEALTHY AGEING
October 5th	PHYSICAL ACTIVITY FOR HEALTHY AGEING
October 12th	PHYSICAL ACTIVITY, PART 2 (CONVERSATION AND PRACTICAL APPLICATION WORKSHOP)
October 26th	HEALTHY NUTRITION FOR SENIORS
November 2nd	HEALTHY NUTRITION, PART 2 (CONVERSATION WORKSHOP)
November 9th	SUPPORTING MENTAL WELL-BEING FOR HEALTHY AGEING
November 16th	SOCIAL INCLUSION AND INTERCONNECTEDNESS

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