



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: October 17th – November 28th
TIME: 10:00 am – 12:00 pm
WHERE: WEST VANCOUVER KIWANIS - 959 21st St.

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.**

October 17th	WELL-BEING AND HEALTHY AGEING
October 26th (Thurs)	PHYSICAL ACTIVITY FOR HEALTHY AGEING
October 31st	PHYSICAL ACTIVITY, PART 2 (CONVERSATION AND PRACTICAL APPLICATION WORKSHOP)
November 7th	HEALTHY NUTRITION FOR SENIORS
November 14th	HEALTHY NUTRITION, PART 2 (CONVERSATION WORKSHOP)
November 21st	SUPPORTING MENTAL WELL-BEING FOR HEALTHY AGEING
November 28th	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