

MOVE WELL, LIVE WELL

**FOR
SENIORS!**



Seniors Ability Circuit OCT 8 | 10am–12pm

Try the **Seniors Ability Circuit!** Includes fitness assessment, guided circuit, personal evaluation, program tips & free local recreation passes. Book your 15-min session!

Falls Prevention OCT 15 | 10–11am

Learn tips and tricks on how to reduce your risk of having a fall. Bring questions!

Frailty Prevention Tips OCT 22 | 10–11am

Getting older doesn't mean becoming frail. Join our interactive session to learn what frailty is and how to prevent or slow it down.

Join us and learn how to take charge of your wellbeing and thrive at every stage of life.



At Ocean Park branch.
Registration begins:
September 15.
In-person or call
604-502-6449.

Ocean Park branch
12854 17 Avenue
604-502-6304

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