



YOU ARE INVITED TO “LIVE STRONG AND HEALTHY!”
COME HAVE FUN, MEET NEW FRIENDS, AND SHARE WAYS TO BE HEALTHY!

Join us in a 6 week program focussing on:

- ↓ **GOOD HEALTH**
- ↓ **HOME SAFETY to prevent Slips and Trips**
- ↓ **ACTIVITY to Help Improve Balance**

STARTS: November 6, 2012
FINISHES: December 11, 2012
WHEN: TUESDAY AFTERNOONS FROM 1:30 – 2:30
WHERE: 140-1060 MANHATTAN DRIVE

PLEASE LET SANDY KETLER KNOW WHETHER OR NOT YOU CAN COME
BY LEAVING A MESSAGE AT 250-980-1530

How to get there:

Bus **Route #2 North End Shuttle** goes right down Ellis.
Get off bus at Recreation and walk toward the lake. Recreation turns into Manhattan.



PRESENTED BY HSCL (HEALTH SERVICES FOR COMMUNITY LIVING)
AND CLBC (COMMUNITY LIVING BRITISH COLUMBIA)