



For the HEALTH of it

Saturday, September 21, 2019

9:00AM – 1:00PM

White Rock Community Centre
15154 Russell Avenue, White Rock



ENGAGING SPEAKERS

Nicole Warden – *Laughter Yoga*

Enjoy a lively session of movement and breathing exercises designed to stimulate laughter and cultivate an inner spirit of joy.

Julia Denker – *Supporting Our 'Wiser' Years with Nutrition*

Good nutrition contributes to improving and extending our vital years. Find out how you can advance your 'health span' with five simple, inexpensive nutritional gems to feel younger and live longer!

RESOURCE FAIR

**COMMUNITY RESOURCES ON SITE TO
ANSWER YOUR QUESTIONS**

ACTIVE 'TRY IT' SESSIONS

Bring or wear your workout gear and take part in a specialized fitness class.

**Movement
for Fitness**

**Osteofit for
Men + Women**

**Zumba Gold
(Chair)**

**DISCOVER HOW YOUR BODY, MIND AND SOUL INTERCONNECT
TO PROMOTE BETTER HEALTH.**

**TEA ROOM
HOSTED BY**

**ocean
parc**

FREE LUNCH AND SNACKS • PRIZE DRAWS

CALL 604-541-8653 TO REGISTER FOR THIS FREE EVENT

DEADLINE: SEPTEMBER 13

