

The Senior Citizens Club of Fenelon Falls Presents...

HEALTHY AGING

Embracing a Dynamic Lifestyle

We are excited to invite you to our upcoming presentation. A panel of experts will discuss regular practices that are beneficial in extending health-span and quality of life in our senior years.

- 9:00 Doors Open
- 9:30 Welcome Message
- 9:45 The Blue Zones (video excerpt)
- 10:00 Panel Discussion
- 11:30 Information Displays & Demos

FEATURED EXPERTS

Leslie Ballam, Registered Nurse
Kawartha North Family Health Team

Tessa Lang-Larson, Osteopath
The Well Body Group

Dan Nighswander, Chiropractor
MoveMentality

Tina Harrington, Psychotherapist
The Well Body Group

Sara deRuijter, Client Support
Alzheimer Society of Peterborough

**THURSDAY
FEBRUARY 15**

9:00 am to 12:30 pm
Refreshments Provided

Senior Citizens Club of Fenelon Falls
58 Murray Street



**FREE to FFSC Members
\$5 for Non-Members**

**Event Pre-Registration
by email or phone**

✉ fenelonseniors@gmail.com

☎ 705-887-7007

🌐 www.fenelonseniors.com