

Alive & Kicking

Maintaining Health & Fitness After Fifty

Headingley Senior Services has invited community health organizations to provide information on maintaining a healthy lifestyle

This event is open to everyone interested !

Participants represented will include:

- Southern Health Services
- Canadian Diabetes Association
- Alzheimer Society of Manitoba
- Headingley EMT
- T & T Seeds

And other organizations with information displays plus interactive demonstrations on how to maintain fitness and meaningful activity

Tuesday May 3rd

10:00 am - 2:00 pm

\$5 for lunch

Registration required

Headingley Community Centre
5353 Portage Avenue, Headingley

Register with Patti by April 23rd

PH: 204-889-3132, ext.3

hdlyseniorservices@mts.net



Bring a friend or neighbour along to this informative day!