

NEW Programs for Seniors!

Living Healthy

Workshops

Put life back in your life

DATE March 23 - April 27 (6-week session)

DAY Fridays

TIME 9:30am-Noon (2.5 hours with healthy snack)

AGES 62+

FEE Free. Advanced registration is required

Registration date for intake forms:

Friday, March 9, 2012, 9:30am-Noon, at PCP.

A Matter of Balance

Managing Concerns About Falls

DATE March 21 - May 9 (8-week session)

DAY Wednesdays

TIME 9:30am-Noon (2.5 hours with healthy snack)

AGES 60+

FEE Free. Advanced registration is required

Registration date for intake forms:

Wednesday, March 7, 2012, 9:30am-Noon, at PCP.

These two new programs are provided by Alliance For Aging.

Location:

Pelican Community Park,
18115 North Bay Road,
Sunny Isles Beach.



Provided by Alliance For Aging

LIVING HEALTHY

Participants get support and find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices and learn better ways to talk with their doctors and families about their health. Spaces are limited.

A MATTER OF BALANCE

This program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. The program utilized trained volunteer coaches to teach eight sessions.

Registration is required in person at Pelican Community Park, 18115 North Bay Road, Sunny Isles Beach, 33160.



Cultural & Human Services
CITY OF SUNNY ISLES BEACH

For more information about this event, please call the Cultural & Human Services Department at 305.792.1706