

Seniors Wellness Wednesday

ASPHODEL
NORWOOD
PUBLIC LIBRARY



July 17 ~ 10:30 a.m. to 12:00 p.m.
Westwood Branch ~ 312 Centre Line

Mary Walsh, N.P. with the Asphodel-Norwood Medical Centre, will share healthy eating guidelines as well as unique changes the older adult may incorporate into their diet to encourage overall health and wellness. Nutritious snacks will be provided.



Melissa Scott, Supervisor of Wellness and Exercise at Community Care Peterborough, will be presenting **Everything Exercise! What Happens When We Exercise** where we will look at the impact of exercise for falls prevention, the benefits of exercise, and what type of exercise you should be doing. We will look at different tips and guidelines for getting started in a new exercise program. Also, wear a good sturdy pair of shoes and easy to move in clothing so we can practice some easy to do at home exercises!



Empowering you to live at home
in the City and County of Peterborough

SCAN TO REGISTER OR VISIT ANPL.ORG

