



Active Living Fair

Harmony Village - 3260 Sheppard Ave. E
Saturday, September 27, 2014
10:00am – 2:00pm



Enjoy exhibits from Alzheimer Society of Toronto, CARP, Scarborough Centre for Healthy Communities - Community Diabetes Program, Wellness Centre, Hong Fook Mental Health Association, Philips Lifeline, Toronto Hydro Home Assistance Program, Green Saver, & ...

Visit booths to measure your blood pressure, or learn about healthy grocery shopping.

Ask a Dietician, Pharmacist, or Nurse Practitioner questions about keeping healthy.

Older adults, seniors, families and caregivers welcome!

Ask Geriatric Experts Questions (One On One Sessions)

Workshops (Light refreshment is provided)

- 10:15 – 11:00am Dr. Jason Kwok - Tips on Active & Healthy Living (Cantonese)
- 11:30 – 12:30pm Diabetes Prevention & Management (English)
- 12:45 – 1:30pm Janet Law, Registered Physiotherapist – Exercise & Me (Mandarin)

Exercises Demo - 11:00 - 11:20a.m. Chair Tai Chi; 12:40 –1:00 p.m. NIA Dance;
1:00- 1:20p.m. Chair Yoga; 1:30 -2:00p.m. Tai Chi

Inquiry: St. Paul's L'Amoreaux Centre 416-493-3333 ext 256

Registration for Free Transportation at CSR : (416) 493-3333

Pick-up: St. Paul's L'Amoreaux Centre Entrance B at 9:45am
Harmony Village at 2:15p.m.

免費活力康泰博覽會

樂融居 - 3260 Sheppard Ave. E.

2014年9月27日(星期六)

上午 10:00 – 下午 2:00

健康展覽、運動示範、健康超市購物、量度血壓
歡迎成人,長者,及家人參與!

個人查詢 (長者服務顧問提供 – 營養師、藥劑師、診症護士)

講座 (免費茶點供應)

- 上午 10:15 – 11:00 郭詠觀醫生, **健康生活要訣** (廣東話)
- 上午 11:30 – 12:30 **預防和控制糖尿病** (英語)
- 中午 12:45 – 1:30 Janet Law 羅小姐, 註冊物理治療師, **運動與我** (國語)

運動示範 上午 11:00 - 11:20 椅上太極;
下午 12:40 - 1:00 NIA 舞蹈; 1:00 – 1:20 椅上瑜伽; 1:30-2:00 太極

免費交通接送時間: 上午 9:45 於聖保羅中心- B 入口出發
下午 2:15 回程於樂融居

查詢/ 登記: 聖保羅中心-康樂部 (孟姑娘) 416-493-3333 內線 240