

# FREE ACTIVITIES AND NUTRITION WORKSHOPS FOR ADULTS 55+ DURING THE MONTH OF NOVEMBER

*The Porcupine Health Unit is sponsoring free physical activities for adults ages 55 and up.*



## **List of the available activities:**

- Arena walks around the rink at Tim Horton Arena, everyday
- Swimming at the Tim Horton Events Centre, 12:00 p.m. to 1:15 p.m. (Monday to Friday)
- Muscle Stretch and Water Walk at Tim Horton Events Centre, 11:00 a.m. to 12:00 p.m. (Monday to Friday)
- Day pass at Fitness Centre, Tim Horton Events Centre, assessment and direction on use of equipment, one pass per person — one time only

## **List of nutrition workshop topics - these workshops require registration. Please call the Porcupine Health Unit at (705) 272-3394 and sign up:**

- Canada's Food Guide: Healthy Eating for Older Adults, November 5, 10:00 a.m. to 11:30 a.m.
- Grocery Store Tour  
November 11, 10:00 a.m. to 11:30 a.m.

*Live Life, Eat Healthy, Be Active*

[www.porcupinehu.on.ca](http://www.porcupinehu.on.ca)