

TAPS

THERAPEUTIC
ACTIVATION
PROGRAM FOR
SENIORS

TAPS is designed to support seniors' wellness and keep you connected to your community through:

Healthy bodies maintained through movement

Positive connections developed over delicious food

Active minds ignited through workshops that foster creativity & curiosity

Series #1:

Tuesdays, March 17 – April 28

10 am – 1 pm

1070 Townsite Road

Nanaimo, BC

registration required

all sessions
are free!

10 am – 11 am: physical activity + 15 minute break

11 am – 12 pm: healthy lunch + social time

12 pm – 1 pm: workshops

For more information:

s_burton@flabc.org

250-754-3331

