

**THERAPEUTIC**



**ACTIVATION  
PROGRAM  
FOR SENIORS**

**IN-PERSON AND ONLINE  
FREE DAILY ACTIVITIES!**

**250-754-3331**

**NANAIMO FAMILY LIFE ASSOCIATION**

**WITH CARING STAFF AND  
MOVEMENT DESIGNED FOR  
ALL LEVELS, THESE SESSIONS  
HELP YOU CONNECT WITH  
YOUR COMMUNITY AND STAY  
ACTIVE.**

**FREE PROGRAMS  
THAT WE OFFER:**

**CHAIR YOGA  
DAY PROGRAMS W/ MEAL  
COOKING EXPERIENCES  
WALKING PROGRAM  
AND MORE!**

**REACH OUT TODAY!**

**PROGRAM COORDINATOR  
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**United Way  
British Columbia**



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