



THERAPEUTIC



ACTIVATION PROGRAM FOR SENIORS

IN-PERSON AND ONLINE
FREE DAILY ACTIVITIES!

250-754-3331

NANAIMO FAMILY LIFE ASSOCIATION



United Way
British Columbia

**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!

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