

## Healthy Brains & Bones Workshop

Adults 55+ are invited to participate in an interactive workshop which will feature information on a wide variety of topics all aimed at keeping healthy and living well. Participants will go home armed with tips on maintaining good brain health & memory, strong bones, nutrition, physical activity, staying independent and living a healthy life.

Speakers from The Alzheimers Society of Dufferin County & Osteoporosis Canada, Ontario Osteoporosis Strategy have partnered to present this free event. Also included will be a session by a Central West Self-Management representative will talk about their 'Living a Healthy Life' Self management programs.

The committee is excited to offer this workshop in Shelburne, Judy Porteous, Regional Integration Lead with Osteoporosis Canada said. This workshop is a great way to spend time with people and learn from each other about living well.

When you look at preventing and managing lifelong conditions it is never too late or too early to start. To live well longer there are some simple things you can do, if you are ready for change, to take charge of your health, adds Porteous.

Participants will leave with some ideas and steps to integrate in their personal health and life plan. Organizations involved look at healthy lifestyles as a key to living well, but also provide supports for those living with Chronic Diseases and other conditions.

The workshop will take place on Friday, November 14th, from 9 a.m. to 1 p.m. at the Centre Dufferin Recreation Complex, 200 Fiddle Park Lane, Shelburne.

A nutritious lunch will be provided courtesy of Egan Funeral Home.

This is a free event for adults 55+ and guests. Spaces are limited so individuals are asked to pre-register.

Please call the Alzheimer's Society of Dufferin at 519-941-1221 ext. 104 or e-mail Judy at [jporteur@osteoporosis.ca](mailto:jporteur@osteoporosis.ca) for more information.