



Active Aging Week

October 3-9, 2022

Schedule of Events				
The Holistic Approach to Treating Diabetes and Preventing Heart Disease	This presentation discusses natural and effective drug-free solutions to help lower your cholesterol, stabilize your blood sugar and decrease your risk for heart disease.	Monday, October 3 at 6:30 p.m.	\$15 (members) \$30 (non-members)	Leanne Florence, Naturopathic Doctor
Blood Pressure Clinic	Sit down with our health experts as they record your blood pressure and provide information on steps to improve your blood pressure.	Monday October 3 10:00 a.m. - 12:00 p.m. 1:00 p.m. - 3:00 p.m.	Free (open to everyone)	UofM Nursing Students
Women's Heart Health Prevention	Learn about the Her Heart Her Way program; a heart health prevention program for women aged 30 and older who are at risk of cardiovascular disease.	Wednesday October 5 from 6:00 p.m. to 6:30 p.m.	Free (open to everyone)	Facilitator: Rhea Vaags-Olafson, Health and Fitness Director
Hearing Clinic	Grant Park Hearing Centre will be providing free hearing tests to anyone interested.	Thursday October 6 from 11:00-1:00	Free (open to everyone)	Grant Park Hearing Centre
Disability Tax Credit (DTC) Consultant Presentation	Consultants, Nicole and Stephanie will explain the various tax credits that can be used to reduce the amount of taxes payable on your income.	Friday, October 7 at 10:00 a.m.	Free (open to everyone)	Facilitators: Nicole Noschese and Stephanie Ettenhoffer

Register online at reh-fit.com/what-we-offer/special-events or at our Reception Desk.

Community Health Fair

October 4
9:00 a.m. to 1:00 p.m.

The Reh-Fit Centre Community Health Fair is back! The Health Fair features a diverse range of health and wellness products and services. It is also a great opportunity for people to learn about health resources in the community and meet with representatives from various health organizations. The Community Health Fair is free and open to everyone!

ACTIVE *Aging* WEEK

Encourage your family members and friends to make lasting, positive changes in their lives through active living and invite them to join you for Active Aging Week and the Community Open House at the Reh-Fit Centre.

At Reh-Fit, we have the facilities, classes, coaching, and expertise to help your friends and family live healthier, more active lives.

During the week of October 3-9, 2022 there will be a variety of interesting educational sessions and exercise classes for you and your guests to participate in. Keep an eye out for more information as we get closer to the dates.



GROWING OLDER

**GROWING
STRONGER**

Reh-Fit Open House!

**Invite Your Family
and Friends!**



**Free admission from 9:00 a.m. to
10:00p.m.**

Your guest can come for a tour or exercise with you at our world-class facility and learn about the mental and physical benefits of active living. If you know someone who wants to start making positive changes in their life, invite them to the Centre to experience our facility, equipment, and fitness classes and help them get on track to living a healthier, more active life.

To thank you for referring individuals to the Centre, if someone you referred becomes a Reh-Fit member, you will receive 500 reward points.