

Active Aging Week

October 1 - 7, 2019

Schedule of Events

Affordable Reliable Home Care to Help You Stay in your Own Home	Wednesday, October 2 11:00 am - 12:00pm	Included with Membership Non-members: \$10	Presenter(s): Right at Home - Home Care
Bladder Bother? It could be Overactive!	Thursday, October 3 1:30 - 2:30 pm	Included with Membership Non-members: \$10	Presenter(s): Dr Eric Saltel MD, FRCSC. Urologist Health Sciences Centre
Affordable Reliable Home Care to Help Your Loved Ones Stay in Their Own Home	Thursday, October 3 5:30 - 6:30 pm	Included with Membership Non-members: \$10	Presenter(s): Right at Home - Home Care
Hearing Health Check	Friday, October 4 9:30 am - 1:00 pm	Free - open to everyone	Book your spot at the Reception Desk
Community Health Fair	Friday, October 4 9:00 am - 1:00 pm	Free - open to everyone	
Community Open House	Tuesday, October 1 to Monday, October 7	Free admission 3 pm to close	

Register online or at the Reception Desk.



Reh-Fit programs and services to help you stay healthy and active as you age:

Add Some Fun

Through our many recreational activities, you're bound to meet fellow members who share your interests. Work one of our recreational programs into your routine for some additional variety, challenge, and fun. Check out:

- Drums Alive
- Line Dancing
- Pickleball
- Walking Club



Find Out Your Limitations and How To Make Improvements

Our assessments give you an awareness and understanding of the factors that have an impact on your health and how to control them. Our skilled team is here to help you achieve success through our Postural Assessment and Functional Movement Screen.

The Perfect Escape From Everyday Stress

Our mind/body programs will help you clear your mind, improve concentration, and develop muscle strength and stamina at the same time. Try Yoga, Pilates, and mindfulness.

Take Your Fitness to the Next Level

Team Move will get you moving, motivated, and push you to reach new goals through guided moderate-intensity functional fitness workouts.

Restore Your Health

If you are suffering from a chronic disease, we can help. Our professional staff provide expertise and personal attention to help you reach and sustain a healthy lifestyle.

Also check out our many educational workshops, health screening clinics, and personalized services.

Pick up our Fall Program Guide or view all programs and services on our website reh-fit.com.