



FOR IMMEDIATE RELEASE
September 1st, 2016

MEDIA RELEASE

Back to School Strategies for Senior's Health

Saanich, BC. September is Back to School time for the kids and this time of year can inspire older folks to think about lifelong learning. Research shows that by staying socially engaged and keeping our body and brain active we can ward off age-related illnesses. This September begins a number of new offerings at Silver Threads Service Saanich Centre for those who are 55 years and better who are interested in new healthy challenges.

Physical Activity is critical to long term health. Keeping active and your muscles moving and blood flowing benefits your heart, brain and every part of you. The suggested amount of exercise is at least 150 minutes a week of moderate activity such as walking. Even those with mobility or physical limitations can exercise. Starting in September a new Seated Exercise program with instructor Joy Kruger will start on Tuesday and Thursday mornings. Suitable for all fitness levels.

There is also a new Nordic Pole Walking course for those who want to ramp up their fitness program; lead by a Nordic Trained Instructor, this activity works 90% of your muscles! Learn proper techniques in this Monday program.

Health Management is a skill to learn at any age. Hans Kai Health is designed to empower individuals to take greater control of their health management. Join Hans Kai trained facilitator Ro Fife to learn about this health independence series. An introductory session will be offered September 14th.

Exploring your creative side by trying something new can rejuvenate and inspire. A no experience necessary Portrait Workshop using charcoal and pastels is running on Wednesday mornings for 6 weeks. You may discover a talent you never knew you had.

Socializing regularly is important for all of us to connect with others – especially if you live alone. Being social helps ward off depression and is worth the effort to get out of

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the house or to pick up the phone to talk to a friend. Silver Threads offers many weekly programs that are small social groups, with a facilitator to keep conversation flowing.

For information on how to improve your health – body and mind – by becoming involved in a Silver Threads Service Program call our centre – Saanich 250 382-3151 and our helpful staff will be glad to give you more information. The Saanich Centre is located at 286 Hampton Road and is easily accessible by Handy Dart and we have easy parking.

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For information contact:

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