

#GET UP# and Go

POWERED BY GNAG



Fit-4-Living is a 75-minute health and wellness class for the older adult, combining exercise and education.

Work on strength, balance and flexibility in the first half. Guest speakers join to discuss topics such as medication, heart health, nutrition, bone strength, etc. See our amazing list of speakers in the schedule below!

Date	Presenter	Presentation Title
Jan 18	Amanda Sterczyk Ma CPT	Author: Move More, Your Life Depends on it: Practical Tips to Add More Movement to Your Day
Jan 25	Donna Matheson OT	More tips on fall prevention
Feb 1	Salima Shamji	Introduction to Qigong and its benefits
Feb 8	Lorenzo de Franco	Dementia and communicating with loved ones who have dementia
Feb 15	Brainbuddies	
Feb 22	Brainbuddies	
Mar 1	Natasha from Heartwise	Goal setting and how to get the most out of exercise
Mar 8	Natasha from Heartwise	

This class runs for 8 weeks (Jan 18 - Mar 8)
on Friday's from 1:00-2:15 pm in Glebe CC Dance Studio.