

*HEALTH & WELLNESS
KEEP ACTIVE
GET MOVING
STEPS TO HEALTHIER AGING*

WHEN: Friday, January 8th, 2016

WHERE: Village of Biscayne Park – Ed Burke Recreation Center
(11400 NE 9TH Court, Biscayne Park, FL 33161)

- 1:00 - 2:00 PM: Healthy Teeth Equal Healthy Body
Presented by Leung Medical Center

Too often older people, especially those who wear dentures or false teeth, feel they no longer need dental checkups. The idea of preventive dental care is still relatively new to many people over 65 who did not grow up with regular dental care. Come learn about preventive dental care and how to maintain good dental health. Did you know poor dental health can affect your heart?

- 2:00 – 3:00 PM: Exercise
Presenter: Panache Fitness Company
Easy exercise for seniors. Learn the health benefits and basic moves.

If you are over 60 years of age and interested in attending, please call Judy at the North Miami Foundation (305) 893-1450

Offered by the North Miami Foundation for
Senior Citizens' Services, Inc.

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