

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

WHEN: Friday, November 13th, 2015

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

- 1:00 - 2:00 PM: Open Enrollment for Medicare 2016  
Presenter: Hiram Rahming, Coventry Health Care.

It is that time again for the nations more than 55 million people who get health coverage through Medicare to decide what plan best suits their needs for 2016. Many seniors find shopping for the right plan to be overwhelming. Medicare beneficiaries can change their Medicare health plans and prescription coverage during annual open enrollment that closes Dec. 7<sup>th</sup>. It's time to access your options, there are financial increases this year, will it affect you? Come listen and ask questions about changes from a Medicare Specialist. Is your current plan still right for you?

- 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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