

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

WHEN: Friday, July 10th, 2015

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

- 1:00 - 2:00 PM: Crime and Older People
Presenter: Officer Crystal Korelishn, North Miami Police Department

One of the greatest concerns shared by older people is that they might be victims of crime. The impact of crime can be greater for the elderly for two reasons: they can be injured more easily, and often cannot afford any kind of financial loss. Come join us for an interactive discussion on how to be less vulnerable to crime.

- 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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