

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

WHEN: Friday, September 11th, 2015

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

- 1:00 - 2:00 PM: Senior Housing and Options
Presenter: Leslee Geller, Director of Admission for Residential Living at Miami Jewish Health Center:

Why should health issues prevent you from living where you want? Learn about types of housing available and questions to ask when considering a long- term care facility.

- 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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