

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

WHEN: Friday, August 14th, 2015

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

▪ 1:00 - 2:00 PM: Meditation and Medicine

Presenter: Dr Gaston, from the Miami Kagyu Center

The use of Meditation for healing is not new. Meditative techniques are the product of diverse cultures and peoples around the world. It has been rooted in the traditions of the world's great religions. In fact, practically all-religious groups practice meditation in one form or another. The value of Meditation to alleviate suffering and promote healing has been known and practiced for thousands of years. Come learn how to incorporate Meditation and mindfulness as an integral part of your health care.

▪ 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.

Made possible by a grant from Miami-Dade County, District 4,
Commissioner Sally Heyman