

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

WHEN: Friday, April 10th, 2015

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

- 1:00 to 2:00 PM: Elderly Foot Care.
Presenter: Dr. Kassis, Advanced Podiatry Group

Elderly foot care is an important part of health for seniors. While most people are born with healthy feet, recent data shows that 3 out of 4 seniors will develop foot issues, as they age. Healthy feet allow you to stay active and keep your balance. Changes in how your feet look and feel, may be early warning signs for certain diseases. Join us for an interactive discussion about your foot health.

- 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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