

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

WHEN: Friday, March 13th, 2015

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

- 12:00 to 1:00 PM: Alzheimer's Disease.  
Presenter: Florida Homebound Home Health Agency

Alzheimer's Disease is the most common cause of dementia or loss of intellectual function, among people aged 65 and older. It is a progressive degenerative disease that impacts memory, thinking, language skills and behavior. Join us for an interactive discussion about the disease and other related disorders.

- 1:00 – 2:00 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