



PRESS RELEASE

For immediate release September 23, 2024

Healthy Aging Education Series Starts Tuesday

Blind River, ON – The North Shore Health Network (NSHN) and the Huron Shores Family Health Team (HSFHT) with support from the Town of Blind River are excited to host a Healthy Aging Education Series beginning Tuesday, September 24th.

The education series, running Tuesday evenings from 6:00 – 7:00 pm at the Blind River Community Centre until October 29th, offers a free weekly education topic geared to adults, older adults, retirees, caregivers and anyone curious about healthy aging.

Topics include:

- Introduction to Healthy Aging
- Physical Activity & Home Safety
- Medication Safety
- Social Isolation & Mental Health
- Advanced Care Planning
- Introduction to the North Shore Health Network Geriatric Program.

Attendees may choose to participate in the whole series, or join only sessions of interest to them. Drop ins are welcome. For more information or to register in advance contact 705-356-1666 ext. 283. Liberty Express Handi-Transit is available for each session – for more information contact 705-356-7889.

Mark your calendars for Blind River's 1st Annual Healthy Aging Fair on Thursday September 26th. The Fair will take place at the Blind River Community Centre Hall from 11:00 am – 5:00 pm. Admission is free. Join us to learn more about the resources available in your community.

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For further information, contact:

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