

2013 FREE LECTURE SERIES for SENIORS

Top 10 Tips for staying on your feet

PAIN, FATIGUE and SLEEP

FALLS PREVENTION



	Parkland Clayton Park	Parkland at the Gardens	Parkland at the Lakes
	<p>Halifax Address: 114 Fairfax Drive, Halifax, NS B3S 1J3 Phone: (902) 404-4042</p>	<p>Halifax Address: 5732 College St, Halifax, NS, B3H 1X3 Phone: (902) 406 8900</p>	<p>Dartmouth Address: 82 Baker Drive, Dartmouth, NS B2W 0C8 Phone: (902) 444 8373</p>
PhysioCare at Home Top 10 Tips for walking better and Nordic Walking with MRC Associates	March 11 2013 Monday 2 – 3 pm	April 15 2013 Monday 2 – 3 pm	May 3 2013 Friday 2 – 3 pm
PhysioCare at Home Top 10 Tips for managing chronic pain, sleep and fatigue issues	June 10 2013 Monday 2 – 3 pm	July 15 2013 Monday 2 – 3 pm	Aug 9 2013 Friday 2 – 3 pm
PhysioCare at Home Top 10 Tips for staying on your feet and reducing your risk of a falls + Nordic Walking with MRC Associates	Sept 16 2013 Monday 2 – 3 pm	Oct 21 2013 Monday 2 – 3 pm	Nov 22 2013 Friday 2 – 3 pm
PhysioCare at Home Speaker	Barbara Adams Clinical Director PhysioCare at Home 404 4200 / 802 5697	Barbara Adams Clinical Director PhysioCare at Home 404 4200 / 802 5697	Barbara Adams Clinical Director PhysioCare at Home 404 4200 / 802 5697
Guest	Bill VanGorder MRC Associates 497 8073 for March	Bill VanGorder MRC Associates 497 8073 for April	Bill VanGorder MRC Associates 497 8073 for May
Parkland Co-ordinators	Sharron Martell – 404 4042 Lifestyles Rebecca Gass – 404 4140 Recreation Carol Davis - General Manager	Annette Carter – 497 0729 Lifestyles Melanie Gale –406 8913 Recreation Jodi Bartlett – General Manager	Jane Beeton – 404 4161 Lifestyles Jodie Penwarden - 444 8373 Recreation Renee Donovan-Gray-General Manager

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12 Physiotherapists to serve you in HRM
"Complete Physiotherapy at your Door Step"
Barbara Adams – Clinical Director

SHANNEX
Parkland
RETIREMENT LIVING
The way life should be

