



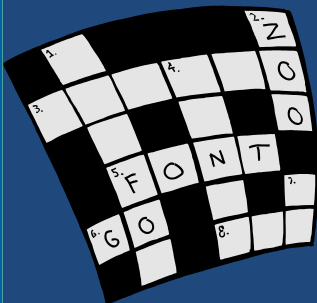
**The BCMA Burnaby, New West / Tri-cities Women's Branch**

## Seniors Wellness Program

# Healthy Aging “Keep Moving – Strengthen your body”

*Please wear good walking shoes.*

**Keeping our Body, Mind and Soul in balance**



**Wednesday, Nov 19th, 2014**

**Masjid Al Salaam**

**5060 Canada Way**

**10.30am to 1.00pm**

**Enjoy Healthy Lunch** □

Seniors are encouraged to come, participate, learn and enjoy the day!

Please confirm your attendance by Nov 16: Hazra – 604 294 2824 , Nisha – 604 524 5197, Tazul – 604 433 4852, Fareeda Ali – 604 522 6755