


Snohomish County Council On Aging Healthy Aging Committee  
Presents the Forum:


# Let's Keep Moving!



THURSDAY  
SEPTEMBER 28, 2017  
9:00 AM – 12:00 PM  
COMMUNITY  
RESOURCE CENTER  
(School District Building)  
3900 BROADWAY,  
EVERETT

OR

THURSDAY  
OCTOBER 05, 2017  
9:00 AM – 12:00 PM  
QUAIL PARK  
4015 164TH ST. SW.  
LYNNWOOD



## Special Presenters:

- Integrative Rehabilitation Group (IRG)
- Mud Puddle Fitness Dance Therapist
- Althea's Footwear Solutions
- IRG Nutritionists

## Discussions & Demos:

- Physical & Mental benefits of exercise
- Fall prevention & good balance techniques
- Proper exercise footwear
- Types of exercise
- Exhibits and Resources
- Nutritious Snacks
- Drawings & Much more!

## To Register:

Contact: Stefanie Novacek

Phone: 425-338-7019

Email [s.novacek@snoco.org](mailto:s.novacek@snoco.org)

## FREE ADMISSION

