

Join us as we learn tips and tricks to improve our well-being!

HEALTH & WELLNESS

For Older Adults

This **COMPLIMENTARY SEMINAR** is designed to educate and encourage healthy lifestyles through light fitness, nutrition, and overall wellness. Enjoy healthy light refreshments on us!

Hosted by **Pickering Manor** with speaker **Let's Get Moving**

SEPTEMBER 14

2:30 - 3:30 PM



226 N. Lincoln Ave
Newtown, PA 18940
www.pickeringmanor.org

Attendees will learn the following:

- Exercise guidelines for older adults (65+)
- Light exercises you can do at home
- General nutrition recommendations and tips/tricks
- How to maintain overall wellness
- Urban Poling through a live demonstration (if interested)

Space is limited...

CALL OR EMAIL: 215.968.3878
info@pickeringmanor.org

Speaker...



Let's Get Moving
NEURO WELLNESS & FITNESS

Kaitlyn Joffey (PT, DPT, NCS), Owner & Founder

Let's Get Moving - Neuro Wellness & Fitness | www.lgwellness.com
Fitness, nutrition, and wellness programs for adults 60+ and those living with neurologic conditions.

