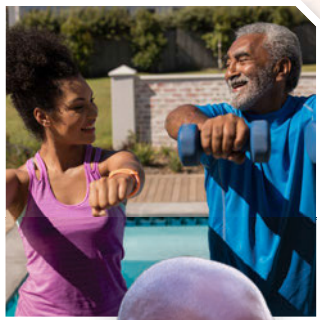


Celebrating WELLNESS

HEALTHY AGEING STARTS NOW!



Admission
is FREE
so bring
the entire
family!

**TUESDAY,
1 OCTOBER, 2019**

Victoria Park
2:30 PM – 6:30 PM

**During this event
you get to...**

Participate in a simulated
Dementia Experience

Compete in Best Hat Competition

Enjoy Move More BINGO

Soca Sweat, Old School Line
Dancing, Zumba Gold, Cardio
Kickboxing, Mini Massages and

More fun activities, screenings,
entertainment and good food...

**If you're a senior, 65 and older,
you'll receive a complimentary
soup and roll.**



GOVERNMENT OF BERMUDA
Department of Health



Call the Health Promotion Office for more information: 278-4900 • Email: healthpromotion@gov.bm
departmentofhealthbermuda