

Wellness Centre for Seniors



We have all heard the saying "*an ounce of prevention is worth a pound of cure*". Vision Gaspé-Percé Now believes this to be true and is working to help seniors maintain their health and fitness through the Wellness Centre Program.

Through health promotion we hope to enable seniors to increase their control over and improve their health.

Vision Gaspé-Percé Now

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***The Difference in
your Community!***

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Wellness Centre

What can I expect from the Wellness Centre?

The Wellness Centre runs from October to June on a bi-weekly basis. Sessions are from 10:00am-2:00pm and include:

- Health information sessions
- Information on services in your area
- Exercises
- Arts and Crafts
- Games (trivia and active games)
- Coffee and tea are provided, but participants need to bring their lunch
- A chance to get out socialize and have fun!

What are the objectives of the Wellness Centre?

- To help independent seniors live in their own homes for as long as possible.
- To offer seniors health promotion and prevention information.
- To provide seniors with an enjoyable way of maintaining physical and mental health.
- To provide opportunities for socializing and meeting new people
- To provide all this free of charge!

Who is eligible to participate in the Wellness Centre?

- Anyone 50 years old and over!



If you would like benefit from the services offered by the Wellness Centre, please contact the Vision Gaspé-Percé Now office at 418-368-3212

Transportation may be available to those who need it. If you need transportation please contact the Vision office at least 24 hours before the session.