

Oceanside Healthy Aging Initiative

Over the past year, a coalition has formed between the City of Parksville, the Town of Qualicum Beach, Vancouver Island University, the Vancouver Island Health Authority, local community organizations, and with the support of the University of Victoria, to foster and support healthy aging in the Oceanside area on Vancouver Island, British Columbia.

The focus of this group, *the Oceanside Healthy Aging Initiative*, is to identify or generate, and then apply and integrate, knowledge that will enable older adults to optimize their health and independence within the community.

The Oceanside Healthy Aging Initiative invites you to explore the wealth of resources and senior-focused offerings in the Oceanside community. Mark your calendar for these upcoming free events:

16th Annual Oceanside Family Health & Wellness Fair

When: Saturday, April 9th, 2011 from 10:00am till 3:30pm

Where: Parksville Community and Conference Centre, 132 East Jensen Avenue

Theme: Accessing Your Community

Admission: Free

Contact for more info: www.vividliving.ca and click on the health fair box Or call Joan Ryan at 250-947-8213

Dementia Public Forum

When: May 14th, 2011 from 1:00pm till 4:00pm

Where: Parksville Community and Conference Centre, 132 East Jensen Avenue

Topic: Members of the general public are invited to hear a variety of speakers who will address issues of importance including “what is dementia?”; prevention, driving, resources. There will be booths and displays from community organizations for you to gather valuable information.

Admission: Free