

Healthy Living Day

Wednesday, February 22nd,
10am - 3pm



It's no secret that women over 55 can face particular and specific health challenges. At Palisades on the Glen, we understand that the simplest and most effective way to prevent or overcome these challenges is to arm yourself with information. With this in mind, we're proud to present — in partnership with Mississauga Sports Council — “Healthy Living Day” for women in this growing age-group.

As part of Heart Health month, women 55+ are invited for a healthy lunch and a day of fun, learning and exercise.

Did you know up to 80% of premature heart disease and stroke is preventable?

- Take advantage of special health-focused presentations relating to heart & stroke prevention – targets, tips, and tools towards a healthier lifestyle.
- Enjoy demonstrations, learn about the benefits of, and try for yourself, such healthy exercises as Nordic Walking and Pilates. Understand in “plain speak” how these activities can be adapted to your lifestyle and improve your overall health and fitness.
- Meet new friends and socialize with a diverse group of women while enjoying a nutritious Palisades luncheon. Be inspired as you exchange information and knowledge with like-minded health conscious women.
- Learn about “Women 55+ friendly activities” – from the fun-filled competition of the Mississauga Senior Games to the inspirational Mississauga Sports Hall of Fame Hazel McCallion Phys Ed Program and much, much more!
- Feel rejuvenated, invigorated and motivated through heart healthy action.

Registration is FREE. Luncheon is included. Bring a friend.

Seating is limited! RSVP at 905-820-8210

**1665 The Collegeway
(Mississauga Rd and The Collegeway)
Underground Parking Available.**