

55y+

Better
at Home



United Way helping seniors remain independent.




SQUAMISH
HARDWIRED for ADVENTURE



Health by Stealth

Join us for the new Health by Stealth series, hosted by the Squamish Men's Shed Society in partnership with Squamish Recreation Services. This series will cover health topics relevant to senior men such as nutrition, sexuality, mental health, arthritis and eye and hearing care. Presenters will be qualified professionals in the field and all seniors are welcome to attend this free presentation.

The first topic will be Sexuality - All Ages, with Dr. Gerhard Malherbe. This is a wide topic often neglected by men of all ages due to shame or embarrassment. Let's have an open and informed discussion with a medical practitioner and get up to date with the science and evidence.

Thursday, April 4, 11:45 a.m. - 1 p.m.

Free! Pre-registration required

THE 55 Activity Centre 1201 Village Green Way

604.848.6898

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