# Keep active and independent with Day Programs for Older Adults. 

## Day programs can help you:

$\checkmark$ Stay active and living at home longer
$\checkmark$ Make connections and new friends
$\checkmark$ Feel healthier and happier

What programs provide:
$\checkmark$ Social connection and fun activities
$\checkmark$ Exercise, health checks and personal care
$\checkmark$ Lunch
$\checkmark$ Caregiver support

How to access a program near you: fraserhealth.ca/DayProgram or call 1-855-41 2-2121 (toll free)

Better health. Best in healith care.

