



Public Service Announcement

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HEALTH FAIR AND RUN/WALK SET FOR FEBRUARY 18

Port Coquitlam residents can explore the health opportunities in their community at the Wilson Centre Health and Resource Fair on Feb. 18, 10 a.m. to 3 p.m.

Held in Wilson Centre at the Port Coquitlam Recreation Complex (2150 Wilson Avenue), the fair will feature more than 50 agencies and businesses focused on varying aspects of staying healthy as we age, including physical and mental health, wellness, recreation and financial planning.

Admission is free and participants of all ages are invited to visit the interactive displays, attend information sessions and take part in raffle draws. The BC Cancer Agency will also be on hand offering free drop-in mammograms.

Also on Feb. 18, the community is invited to attend a Silver Fox Run/Walk at Lions Park from 9 to 10 a.m. The fundraiser for the Terry Fox Foundation will include 2.5 km and 5 km routes for all ages and abilities. The warm-up begins at 8:45 a.m. Donations will be accepted on site; pledge forms are available at Wilson Centre.

Information sessions at the fair:

- 10:30 a.m. – Online payments and renewals: City of Port Coquitlam finance staff will demonstrate how to renew a dog licence online and how to pay a City utility and tax bill through your financial institution's website. Handouts provided.
- 11 a.m. – Hatha yoga and chair yoga: Yoga instructor Bernadette Rollin leads this introductory session that includes a demonstration of how rhythmic breathing, medication and flowing movements can create balance while providing the benefits of stretching and toning.
- 11:30 a.m. – Fall prevention: Wilson Centre Pharmacy presents a slide show and education on falls and how to prevent them.
- Noon – Healthy eating and chronic health conditions: Presented by Douglas College Therapeutic Recreation students.
- 12:30 p.m. – Tips for a better sleep: Cansleep Services discusses sleep disordered breathing and sleep hygiene.
- 1 p.m. – Benefits of yoga therapy and chair yoga: Yoga instructor Cheryl Kapitza will teach about the breath and how it can increase calmness and vitality; and how gentle yogic movement can increase flexibility, circulation and strength.

- 1:30 p.m. – Stress management techniques and chronic health conditions: Presented by Douglas College Therapeutic Recreation students.
- 2 p.m. – Fall prevention and home safety: Learn about St. John Ambulance's interesting history, fall prevention home safety, and St. John's 24/7 Medical Alert System with Fall Detector.
- 2:30 p.m. – The role of exercise in preventing and managing chronic health conditions: Presented by Douglas College Therapeutic Recreation students.

The fair is sponsored by the City of Port Coquitlam and planned by the Wilson Centre Seniors' Advisory Association with staff support. For more information, call 604.927.7974.

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