



NORFOLK
FAMILY HEALTH TEAM



Functional Independence & Power

Join the next 10-week cycle
Begins March 16, 2026

Presentations include:

Healthy Aging and Falls Risk
Medications
Mindfulness/Social connectivity
Foot Care and Foot Wear
Physical Fitness and Body Mechanics
Continence and Sleep
Safe homes and community
Healthy Eating
Advanced Care Planning
COPD

To register contact Michele
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