

Think sooner than later



THE SCOOP

MABLE HASTINGS

On Tuesday, May 14, the Missisquoi North Volunteer Centre (CABMN) in collaboration with the AQDR (Association québécoise des retraité(e)s des secteurs public et parapublic), offered an interactive workshop and information session for persons aged 50 and

over at the Bolton-Est Town Hall entitled, «Pensez Plus Tôt» (Think now for later).

The AQDR offers a variety of session topics in their “Pensez Plus Tôt” series including: My second stage in life, My financial situation for the future, Staying in my home, My physical and mental health and My social participation and integration.

Tuesdays session was organized by Monique Gilbert and Angelle Laplume (CABMN Senior Service Coordination Team) and animated by Marie-Noel Fontaine. “Kinésiologue pour Sercovie et projet Move50plus.com”, the session was well attended by 24 persons from various Municipalities including two participants from Magog.

Those attending really enjoyed the presentation that focused on providing information and encouraging people to ask important questions in planning for

their future. The animator encouraged all in attendance to increase their level of physical activity and to exercise regularly in developing an exercise regime.

Marie-Noel Fontaine presented the information clearly and practically giving all attending motivation and the inspiration to take responsibility and initiative in preparing to keep them healthy now is preparation for the years to come and maintaining goals in exercise, nutrition, social involvement and more...

The CABMN Volunteer Centre continues to coordinate a variety of programs for seniors. To find out more or to see what is available in your community, visit the CABMN website at www.cabmn.org or contact the Seniors Services Coordination Team at 450-292-3114.



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