

NEWS RELEASE

For immediate release: June 1, 2023

Aging with Confidence Symposium

NORTH BAY, ON – The North Bay Parry Sound Stay on Your Feet (SOYF) Coalition invites you to stop by the *Aging with Confidence Symposium*, a free in-person seniors' fair taking place in North Bay and Parry Sound to celebrate Seniors' Month. The symposium will offer interactive demonstrations, educational activities, and information booths all to help older adults live independently and remain social. Light refreshments will be offered at both events.

North Bay:

Thursday, June 8, 2023, 9:30 a.m. to 1:30 p.m. at YMCA North Bay (186 Chippewa St W, North Bay)

- Learn about programs and services that support aging in place.
- Try out a free class at the YMCA.
- The City of North Bay Transit is offering free transportation to and from the symposium between 8:30 a.m. to 2:30 p.m. When boarding the city bus, tell the driver you're attending the Seniors' Month event to travel at no cost.

Parry Sound:

Thursday, June 15, 2023, 9:30 a.m. to 1:30 p.m. at The Stockey Centre (2 Bay St, Parry Sound)

- Learn about programs and services that support aging in place.
- Join discussions with the Parry Sound District Paramedic Services and the Gardens of Parry Sound between 10 a.m. and 11:30 a.m.

"In 2021, adults aged 65 years and older accounted for nearly 25 per cent of all individuals in our Health Unit district," explains Taylor Matson, Community Health Promoter at the North Bay Parry Sound District Health Unit. "Attending healthy aging initiatives like this symposium will allow individuals to age with confidence by becoming aware of programs and services available in our communities."

For the complete schedule and list of organizations attending each event, visit myhealthunit.ca/SeniorsEvents. Individuals who would like to attend but require assistance with transportation can call Canadore College at 705-474-7600 ext. 7989.

Seniors' Month events are a partnership between the North Bay Parry Sound District Health Unit, Stay on Your Feet, The Village at Canadore College and West Parry Sound Campus, CareLink Advantage and Helpline, Nipissing Wellness Ontario Health Team, East Parry Sound Community Support Services, Pathways Wellness & Medical Foot Care and local older adults. The event is funded in-part by the Government of Canada's New Horizons for Seniors Program.

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North Bay Parry Sound District

Health Unit



Bureau de santé
du district de North Bay-Parry Sound

About Stay on Your Feet (SOYF): Stay on Your Feet is a regional strategy aimed at improving the quality of life of older adults. By promoting physical activity, socialization, and overall health, older adults are able to stay independent longer and avoid serious injuries from falls.

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