

ACTIVE AGEING DAY – WAIMAKARIRI DISTRICT 29 OCTOBER 2008

An *Active Ageing* day was held in the Waimakariri District on October 29th. This was attended by around 80 local over 65s and included interactive demonstrations and education sessions covering physical fitness, healthy nutrition, lifestyle, management of medication and alcohol, as well as entertainment from a variety of local groups.

As part of this day we launched the 2008 edition of our 'Older Persons Helpbook'. This is a non commercial advice and information book for Older Persons specific to the Waimakariri. We have printed 2,000 copies which are quickly being snapped up by both service providers and individuals.

