



Interior Health



The goal of an Adult Day Program is to improve people's lives by providing social interaction, fun, gentle exercise and a nutritious meal. It's a day out for those that need it, an opportunity to build friendships and community spirit, and at the same time give the caregiver a needed break.

Adult Day Programs enable people to remain in their own homes for as long as possible!

www.thinairproductions.ca

- 16 minutes

Adult Day Program

