

Healthy Living Program



WHAT IS THE HEALTHY LIVING PROGRAM?

Kin On's Healthy Living Program (HLP) enables Asian older adults (age 55+) to stay physically, mentally, socially active through lifelong learning programs. Our programs are offered in two locations: Seattle and Bellevue, and also offered virtual programs which allow you to join our programs from the comfort of your own homes.

JOIN OUR HLP MEMBERSHIP!

HLP membership entitles you to free or discounted programs within Kin On's Healthy Living Program. Class fee is as low as \$3 per class. Membership waiver is available for Medicaid recipients.

FOR MORE INFO OR TO SIGN UP:

Contact HLP staff at HealthyLiving@kinon.org or 206.556.2237

Visit kinon.org/health-living-program

COMMUNITY CENTER LOCATIONS

Kin On Community Center - Seattle

4416 S Brandon St, Seattle WA 98118

Kin On Community Center - Eastside

15921 NE 8th St, Suite C-206, Bellevue WA 98008

Stay Active Take a dance, Tai Chi, Qi Gong, or yoga class to improve your health. We host regular and frequent fitness classes that work for all levels.

Be Social Connect with your community at events such as mahjong, karaoke, tea time, and life story club.

Keep Learning Learn how to connect with friends and family online, lead a healthy life, create art and craft, and more.

Kin On is a 501c3 not-for-profit organization that provides vital services to the Asian community in the Puget Sound region.

We take a whole team approach to helping our Asian community age well — at home or in our care. We do this by offering a wide variety of support and services that range from health and wellness classes, home care, to short-term medical rehab and skilled nursing.

Call 1.888.721.3634 or visit KinOn.org



康健樂頤活動



健安

1.888.721.3634
KinOn.org

康健樂頤活動(HLP)



康健樂頤活動(HLP)是什麼？

健安的康健樂頤活動(HLP)透過一系列終身學習課程，創造性的樂齡活動和健康教育的學習班，使亞裔成年人和老年人保持體魄強健、頭腦敏銳及社交活躍。我們在兩個社區中心提供現場課程：西雅圖和東區。課程提供現場及線上課程兩種模式，讓您即使在家也能舒適地加入我們的活動。

加入我們康健樂頤活動會員！

康健樂頤活動會員可以享受免費或折扣的活動。課程費用低至每節課3美元。Medicaid可享免年費。

查詢最新康健樂頤活動資訊或登記課程：

請聯繫HLP職員，致電206.556.2237 或電郵 HealthyLiving@kinon.org

網址 kinon.org/healthy-living-program

社區中心地址

健安社區中心 - 西雅圖

4416 S Brandon St, Seattle WA 98118

健安社區中心 - 東區

15921 NE 8th St, Suite C-206, Bellevue WA 98008

保持身心活躍 我們每週進行適合長者的健身課程，例如舞蹈、太極、氣功和瑜伽等等。

豐富社交活動 在麻將、卡拉OK、下午茶時間和生活故事俱樂部等活動中與社區聯繫。

持續終身學習 透過科技輔導課、健康教育研討會、手工藝等課程學習各種技能。

健安是一所非牟利護理機構，肩負為大西雅圖地區亞裔服務的使命。

無論閣下在家中生活或使用健安的護理服務，我們都會以團隊協調的模式為您提供全面性的安老照顧。我們多元化的支援和服務包括康健樂頤計劃的課程和活動、家居照顧、親屬照顧者支援服務，以至短期復康及長期專業護理服務。

就在今天，致電1.888.721.3634或瀏覽 KinOn.org 獲取更多資訊。



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