



NEW BRUNSWICK
AGE-FRIENDLY
COMMUNITY

THE
wellness
MOVEMENT



COMMUNAUTÉ AMIE
DES AÎNÉS DU
NOUVEAU-BRUNSWICK

LE MOUVEMENT DU
bien-être

Memramcook is an Age Friendly Community.

An Age-Friendly Community is a place where seniors can live healthy, active and safe lives, which will improve the quality of life for all citizens in the long term. When a community adopts age-friendly initiatives, it creates a supportive environment for seniors that respects their valuable contributions and gives them the opportunity to shine. This enhances the quality of life for those who are aging and builds a community that is more inclusive for all!



**Association francophone
des aînés du
Nouveau-Brunswick**

Au cœur de l'action en Acadie!


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notre belle vallée

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