Workshop for Older Adults Healthy Living Your Way

This Workshop is for older adults who want to lead active healthy lives. Discussions and demonstrations in a safe and trusting group of your peers will help you achieve your goal!

Our group will use the handbook **Your Personal Passport To Healthy Living**, which is based on up-to-date research and has been designed to include people of all abilities and health conditions.

Our Workshop will show each member of our group how to make healthier choices – how to take charge of your life and make physical activity, good nutrition and other healthy habits a daily routine.

Come — join us — take the first step to making healthy living more than a wish!

6 week course

2–2½ hours in length, meeting once a week.

ALCOA CVAA
Active Living Coalition for Older Adults
Coalition d'une vie active pour les aîné(e)s

www.alcoa.ca
www.silvertimes.ca

LOCATION

CONTACT

DATE

TIME

COST

Production of the promotional material and workshop content has been made possible through funding from the Public Health Agency of Canada. The views expressed herein do not necessarily represent the view of the Public Health Agency of Canada.