



Choose to Move at Home is a new initiative from the Active Aging Society to help older adults stay active and connected while at home during the COVID-19 Pandemic



Choose to Move at Home includes 6 virtual group meetings over the course of 3 months. In these meetings you will be supported by your activity coach, and your peers. We will discuss ideas and strategies to help keep you physically active and socially connected.



The program run **Wednesdays** from **Oct 14 - Dec 23, 2020**



To register, please contact Marion Forbes at **604-431-0400** or email: **TapsCoord@burnabynh.ca**



*Burnaby Neighbourhood House is a Charitable, Non-Profit Organization. We are a volunteer-driven, community-funded agency with a unique focus on Neighbours supporting Neighbours.*