



NEIGHBOURHOOD HOUSE

presents

# CHOOSE TO MOVE AT HOME!

A FREE 3-MONTH PROGRAM THAT  
SUPPORTS OLDER ADULTS TO  
BECOME AND STAY ACTIVE!

**APRIL 2021  
WEDNESDAYS 2-3PM  
ONLINE!**



**ARE YOU:  
65 YEARS AND  
OLDER?**

**EXERCISING FOR  
LESS THAN 150  
MINUTES PER WEEK?**



- ✓ DEVELOP A PERSONAL ACTION PLAN TO HELP MEET YOUR GOALS
- ✓ RECEIVE 1-ON-1 AND GROUP SUPPORT



**BRITISH  
COLUMBIA**

**To learn more, contact Alexis:**

E: [tapscoord@burnabynh.ca](mailto:tapscoord@burnabynh.ca)

P: 604-431-0400