

# Choose to Move

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

## Caregiver Edition

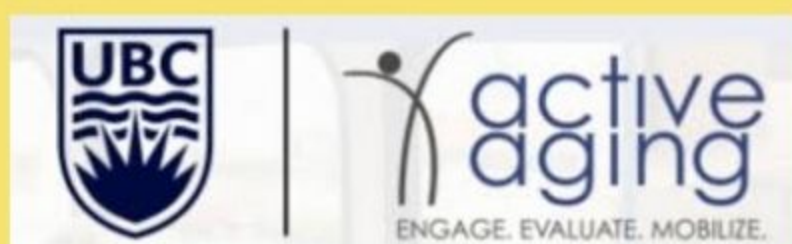
Choose to Move includes 8 in-person group meetings over the course of 3 months. In these meetings you will be supported by an activity coach and your peers. We will discuss ideas and strategies to help keep you physically active and socially connected.



The program runs  
on **Wednesdays**  
from **1:30 pm to 2:30pm**  
starting on August 23

**Location: South Burnaby Neighbourhood House**  
**4460 Beresford St**

**To register, please contact Kathy at**  
**604-431-0400 or email: [kathyb@burnabynh.ca](mailto:kathyb@burnabynh.ca)**



*Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Wauthuth (səlilwətaʔt), Kwikwetlem (kʷikwəʔləm), Squamish (Skwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.*