

Improving your health through physical activity is easier than you think!

Program offered Monday mornings from 9:30-11:15 a.m.

This new ***DROP IN*** self-guided program will cover all areas relating to Healthy Living. Information and activities on nutrition, building self-esteem and keeping physically fit will be available each week in the Orange room. Come dressed to work out! We will have a fitness video available for those interested in working out.

Healthy Living Series

DROP IN PROGRAM

This program is proudly supported by the Peer Health Worker and Community Nutrition program at Our Place.

Get active your way ...

build physical activity into your daily life...

at home
at school
at work
at play
on the way



.... that's active living !