

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.



www.alcoa.ca
www.silvertimes.ca

LOCATION

CONTACT

DATE

TIME

COST