

Healthy Living Workshop for Older Adults



Learn how to start and maintain healthy lifestyle choices. Meet new friends while you make small changes that can have a big impact on your health.

This Workshop will use the handbook **Your Personal Passport To Healthy Living** to help you on your journey to a healthy lifestyle.

The *Passport* is easy to use, based on up-to-date research, and makes lifestyle changes fun and simple.

The Workshop and the *Passport* are designed to work together. You will learn how healthy eating, physical activity and other small changes can produce big results.

Good health habits take time to create—this Workshop will give you the support you need!

6 week course

2–2½ hours in length, meeting once a week.



www.alcoa.ca
www.silvertimes.ca

LOCATION

CONTACT

DATE

TIME

COST