



It's Your Move to Better Health

Want to make some changes?

Learn more about

- Healthy eating?
- Stress reduction?
- Activity and exercise?

It's Your Health

Get started with practical information,
informative handouts , recipes and a healthy
snack or food at each session

Let's Move

Practice chair yoga for flexibility and strength

It's Your Grocery Bag

Choose from a menu of sessions
on nutrition

Peer led and developed

FREE Health and Wellness workshops for
older adults

and adults with a disability

It's Your Health

For seniors & adults
over 18, this peer led 4
week workshop features



four sessions including healthy eating, stress
reduction, fitness, phone apps and online
information sources.



Let's Move

Accessible 4 week exercise
program including seated
programs for individuals with a mobility
disability .

It's Your Grocery Bag

Registered dietician led
workshop includes
reading nutrition labels,
unit pricing, healthy food substitutes, simple
meals and free grocery/nutrition apps.

