

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

