

CERAH SPEAKER SERIES



Evaluating 'Keep Moving': Assessing and Expanding the Impact of Community-Based Exercise for Older Adults with Brain Injury

April 16, 2025 | 12:00PM - 1:00PM EST



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Learning Objectives

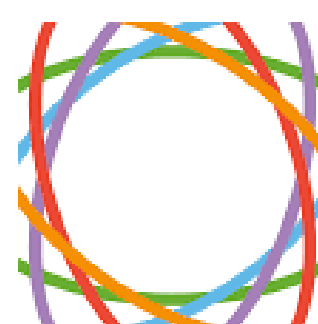
- Recognize the physical, social, and cognitive benefits of accessible exercise for older adults.
- Assess an evaluation framework on the effectiveness of “Keep Moving” – an exercise class for older adults with brain injury in Thunder Bay.
- Learn how “Keep Moving” or other opportunities could grow in Northern Ontario.

[Click here to register for this free event](#)



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