

GET THE MOTIVATION YOU NEED TO BE ACTIVE!

Join Today-  
It's FREE!

“Being involved in Choose to Move has given me the incentive to be more active. I look for simple ways to add a little more movement to my everyday living.”

A FREE program that supports older adults to  
BECOME and STAY active!

- ✓ Develop a personal action plan to help meet your goals
  - ✓ Choose activities you like
  - ✓ Receive 1-on-1 coaching and group support
- ✓ Learn new ways to live a healthier, more active life

[www.choosetomove.ca](http://www.choosetomove.ca)

**Brentwood Bay: The Centre for Active Living 1229 Clark Rd.**

**Information Sessions:**

**Monday, Dec 9<sup>th</sup> OR Monday, January 13<sup>th</sup> – 10:30 – 11:45**

**Program Dates:**

**Monday, January 20<sup>th</sup> – March 31<sup>st</sup> – 10:30 – 12:00**

**REGISTER or for more information:**

**Phone: The SHOAL Centre at 250 656 5537**

**Email: [choosetomove@beaconcs.ca](mailto:choosetomove@beaconcs.ca)**