

IT'S FREE

CHOOSE TO MOVE

Starts
March 20

Get the Motivation You Need to Get Active

Six Month
Program



Tailored Personal
Activity Plan



One-on-One
with Activity
Coach



Ongoing Support
to help you meet
your goals



Are you 60 and older and looking for motivation to become physically active?

Join **Choose to Move** to help introduce the habit of physical activity into your daily life in ways that make sense for you. Choose to Move is **free and flexible** and provides you with motivation and support to become more active. In Choose to Move, you receive both individual and group support.

Program starts **March 20, 2019**. Space is limited so register today.

- **FEEL MORE ENERGETIC**
- **GET THE SUPPORT TO BE MORE PHYSICALLY ACTIVE**
- **TAKE STEPS TOWARDS YOUR FITNESS GOALS**
- **CHOOSE ACTIVITIES YOU LIKE**
- **LEARN HOW TO FIT ACTIVITY INTO YOUR DAILY ROUTINE**
- **STAY ACCOUNTABLE TO YOUR PLAN**

Choose
to Move

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