

# Workshop for Older Adults Healthy Living Your Way



**This Workshop is for older adults who want to lead active healthy lives. Discussions and demonstrations in a safe and trusting group of your peers will help you achieve your goal!**

Our group will use the handbook **Your Personal Passport To Healthy Living**, which is based on up-to-date research and has been designed to include people of all abilities and health conditions.

Our Workshop will show each member of our group how to make healthier choices – how to take charge of your life and make physical activity, good nutrition and other healthy habits a daily routine.

Come – join us – take the first step to making healthy living more than a wish!

**6 week course**  
2–2½ hours in length,  
meeting once a week.



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

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**LOCATION**

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**CONTACT**

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**DATE**

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**TIME**

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**COST**