

THE IMPORTANCE OF PHYSICAL ACTIVITY FOR 55+: WEBINAR



In Collaboration with Maximize Your
Health – Self Management Program



Wednesday, May 28, 2025
10:30 a.m. – 11:30 a.m.

This webinar will cover the following topics:

- Types of physical activity
- Weight management
- Walking plan and getting started
- And more



For more information, please email:
becnic@achev.ca

[Register Online](#)



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