

Staying Strong and Healthy as We Age

What can I expect to Learn?

- How food can help us maintain our strength
- Mealtime tips
- Staying active while aging – the 4 key pillars of activity
- The importance of being social

How many parts are there to this class?

- 1 session for 2 hours and 30 minutes

How is this class being offered?

- Over Zoom.

Who can register for this class?

- Any adult living anywhere in Alberta

How can I register for this class?

- Phone us at 1-877-314-6997