

# Moving Matters

## What can I expect to learn?

- How getting moving can improve your health and reduce your risk of many chronic physical and mental health conditions
- How much and what kinds of activity are recommended and how to start safely
- Explore what gets in your way and make a plan to get started, stay motivated and have fun.

## How many parts are there to this class?

- One session for 2 hours

## How is this class being offered?

- Over Zoom

## Who can register for this class?

- Adults and/or their caregivers living anywhere in Alberta

## How can I register for this class?

- Phone us at 1-877-349-5711 or visit our [website](#) to view our class schedule or register