

Choose to Move COVID-19 Pandemic Response

The safety of Choose to Move participants is our priority. Therefore, we are not able to offer in-person Choose to Move sessions at this time. However, we have compiled resources to help keep you active and connected at www.choosetomove.ca/get-active.

Upcoming Choose to Move offerings

- Choose to Move will open to new participants across the province this Fall for either in-person or virtual programming, or a combination.
- Select communities will enrol new Choose to Move participants this summer.
- Visit choosetomove.ca/get-active for resources to help keep you active and connected

For Choose to Move participants and all seniors

- It is vital for your health that you stay active and connected during this unprecedented time of self-isolation and physical distancing
- Visit www.choosetomove.ca/get-active for resources to support you to stay active and connected