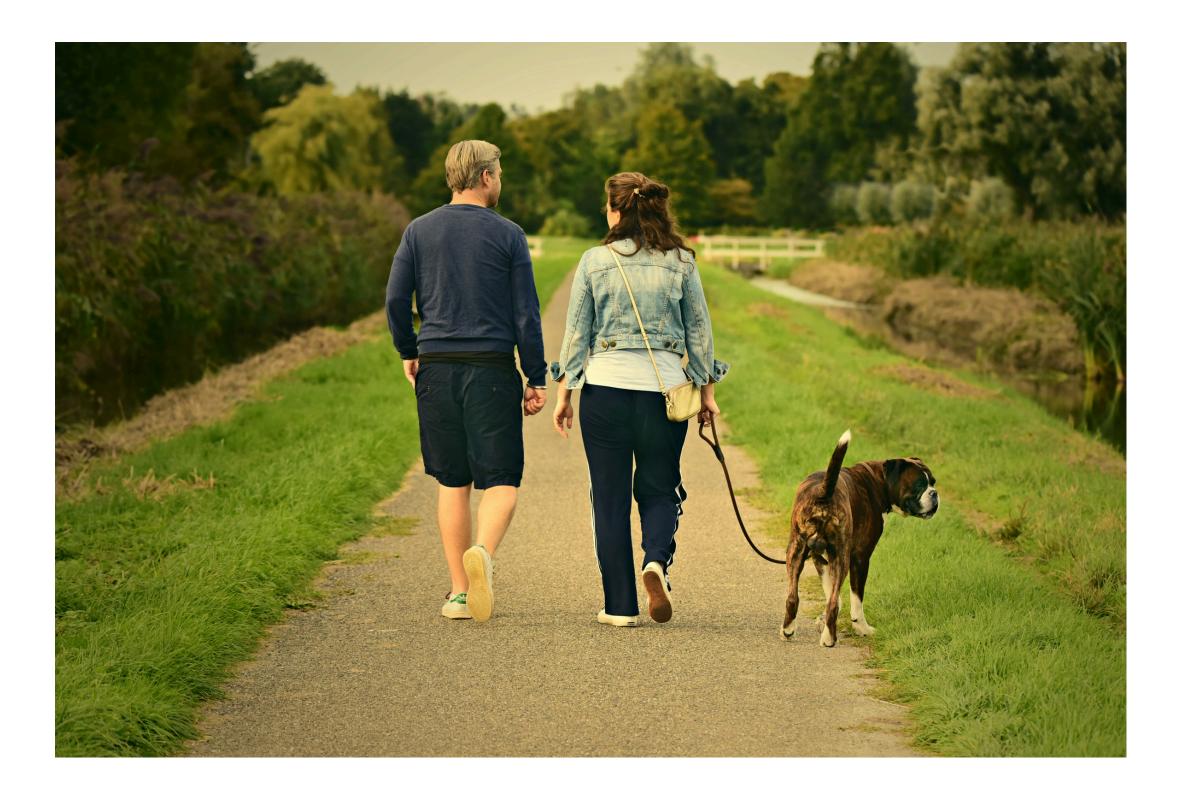
Moving Matters

April 1, 2025 1:30-2:30pm MDT

Learn about how to get moving safely and stay motivated.

**Please note that this session will not be recorded or uploaded to our website.



Learning Outcomes:

- Identify the benefits of activity
- Types and target amounts of activity
- Be safe while being active
- How to be successful

Speakers:

Larysa Sylvester, Health Educator for Alberta Health Services Chronic Disease Management Team



Alberta Healthy Living Program



Target Audience: Adults looking to manage their weight

Please register for session at: https://fntn.ca/Home/Register-VC?eid=21778

from zoom:
https://fntn.zoom.us/s/844183

To access this session

02007

Meeting ID: 844 1830 2007

Passcode: 577644

Please select "join meeting as an Attendee", once logged-in

To access this session from an audio line: 1-587-328-1099

Meeting ID: 844 1830 2007

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First Nations
Telehealth Network

<u>WWW.FNTN.CA</u>

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To join via internet browser

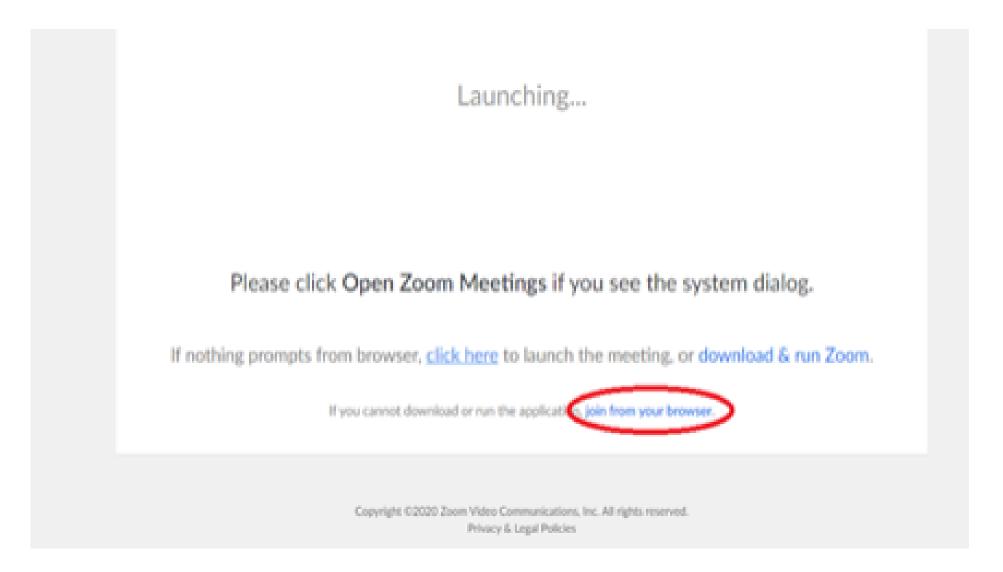
- 1. Please click the link below to join the webinar:
 - https://fntn.zoom.us/join
- 2. Enter Meeting ID: 844 1830 2007
- 3. Passcode: 577644
- 4. Click the option "click here" (See image below)

Launching...

Please click Open Zoom Meetings if you see the system dialog.



5. Another option will show up on the bottom, please click "join from your browser" (See image below)



6. You will now join the webinar, by default all attendees of the webinar are muted.

To join Via Zoom apps:

1. Please click the link below to join the webinar:

https://fntn.zoom.us/join

- 2. Enter Meeting ID: 844 1830 2007
- 3. Passcode: 577644
- 4. Choose "download and run Zoom"
- 5. An executable file will be download, please run the file
- 6. After the file has been installed, you will be ask to enter your "email" and your "name"
- 7. You will now join the webinar, by default all attendees of the webinar are muted.