

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>

To access this session
from zoom:
<https://fntn.zoom.us/j/84418302007>
Meeting ID: 844 1830 2007
Passcode: 577644

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4. Click the option “ click here” (See image below)

Launching...

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