

# Community Education Service **FREE WEBINAR**



## Getting Off the Couch! Inspiring a Healthier Lifestyle

Presented by: Mike Barrett, MC, Registered Psychologist

**Thursday, June 13, 2019**

**6:30 pm - 8:30 pm**

**(Calgary Time)**

Register: <http://community.hmhc.ca/sessions/?p=online>

This workshop will discuss the physical, mental health and social benefits of being active. For many people on the autism spectrum, getting to the gym or just having an active lifestyle can be challenging. Strategies for increasing recreational opportunities will be shared as well as how to build a social network for engaging in community and physical activities.