

Community Education Service



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

Sign in: 6:15pm

The Ability Hub

**Child Development Centre
300, 3820 - 24th Avenue NW**

Session is FREE
of charge/
Free parking in
Lot 53.

Register: <http://community.hmhc.ca/>

For more information: email ces@ahs.ca or call (403) 955-4747

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.