



The Active Aging Research Team at UBC
invites you to...

Choose to Move for #MoveForHealthDay

*Join us for some active community time to
celebrate the health benefits of
physical activity and connectedness!
Bring games, frisbees, balls etc.*

When: Thursday, May 9, 2019 from 2:30 - 3:30 pm

Where: Seawall at Charleson Park (near Dog Park)

Coordinates: 49.267417,-123.124761