

healthy
GET-together

I Want To Get Fit, Where Do I Start?

As the snow starts to fall, for many of us, so do our levels of physical activity.

Physical activity can help to prevent chronic diseases and prevent the 'winter blues' by boosting our mood and energy. Join this virtual Healthy Get-Together session where Dr. Ian Newhouse will speak about the benefits of physical activity and will provide tips about how to start moving today, for a better tomorrow.

Speakers: **Ian Newhouse**, PhD, Director,
School of Kinesiology, Lakehead University

Date:

Wednesday, November 24, 2021

Time: 7:00 – 8:00pm

Location: Online event via Webex

Meeting Link: <http://tbh.net/hgt>

Meeting number: 2332 916 3452

Password: Health

Alternatively, feel free to join by phone by calling:
+1-647-484-1598 (long distance fees apply)

Access code: 2332 916 3452



For more information or to
receive the event link by email,
contact **Samantha Morris** at
morrissa@tbh.net.



**Thunder Bay Regional
Health Sciences
Centre**

Prevention and Screening
Clinical Services

