Dialogue on aging

PUBLIC PRESENTATION SERIES

Dialogue on Aging Virtual Series

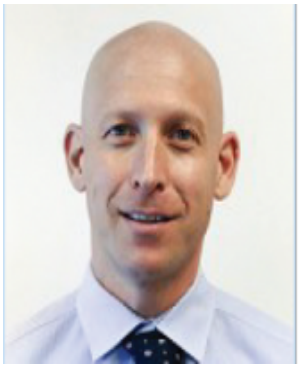
Session #2 - June 11 @ 1PM

1PM

Come early to participate in virtual interactive exhibits from the comfort of your own home. Bring your own beverage. Participants will have chances to ask questions and win a prize. The exhibitor mini presentation schedule will follow.

2PM - Move More During COVID-19

Canada Research Chair, Dr. Eli Puterman will:



Eli Puterman, PhD
Assistant Professor, Canada Research Chair in Physical Activity and Health
Michael Smith Foundation for Health Research Scholar
Faculty of Education, School of Kinesiology
University of British Columbia,
Vancouver, British Columbia

- Discuss how physical activity improves health, wellbeing, and mood on a daily basis in highly stressed adults.
- Provide tips and resources for seniors at home to become more physically active on their own, without risking their health during this pandemic.
- Discuss his latest research that supported family caregivers to become more physically active and what lessons can be applied for all older adults during the current COVID-19 pandemic.

Please register now at: https://attendee.gotowebinar.com/rt/7298871952875429135

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