



# WEST VANCOUVER COMMUNITY CENTRE **MOVE MORE** ON THE SHORE

**VANCOUVER COASTAL HEALTH** and **THE DISTRICT OF WEST VANCOUVER** are excited to offer **MOVE MORE ON THE SHORE**.

**MOVE MORE ON THE SHORE** is a 12-week specialized lifestyle management and activity program designed to encourage and support people who are new to exercise or have not been exercising for awhile and are in pursuit of a healthier lifestyle. It is modeled after the *Healthiest Winner* program regularly offered in Vancouver by Vancouver Coastal Health and the Vancouver Parks and Recreation Board since January 2010. **MOVE MORE ON THE SHORE** has been adapted to meet the needs of North Shore residents.

Informative healthy lifestyle workshops combined with basic activity sessions will take place at the West Vancouver Community Centre on a weekly basis.

Certified fitness professionals will introduce a variety of basic group fitness classes which include Nordic pole walking, beginner circuit training, and basic yoga all specifically designed for beginners.

**Healthy Lifestyle Workshops:** Mondays 7 to 8 p.m.

**Activity Sessions:** Wednesdays 6 to 7 p.m.

January 16th to March 27th

**Cost:** \$153 (*Financial assistance available to West Vancouver residents*)

To register please contact Jennifer Folkersen, *Move More on the Shore* Program Coordinator

**604 921-2169**

Vancouver  
**CoastalHealth**

West Vancouver  
Community Centres Society  
...you belong here!

*westvancouver*