
Choose to Move Covid-19 Pandemic Response

March 20, 2020

The safety of Choose to Move participants is our priority. Therefore, we are not able to offer in-person Choose to Move sessions at this time. However, soon, we will provide you with opportunities to keep active and connected while at home.

For those currently enrolled in Choose to Move:

- We plan to keep many existing programs active
- Your activity coach will be in touch with the details about how you will connect with your group and coach remotely

For those who planned to enroll in Choose to Move after March 13:

- Choose to Move will not be offered in-person in a local community space
- We will soon provide options to keep you active and connected while you are at home

For Choose to Move participants past and present (and all seniors!)

- It is vital for your health that you stay active and connected during this unprecedented time of self-isolation and physical distancing
- We are preparing and gathering resources to support you.
- Sign-up for our newsletter to learn more:
<https://flex.redcap.ubc.ca/surveys/?s=Y9PHT9DDNK>