



## **Staying Active for Life: The Benefits of Life-long Movement**

**Speaker: Henry Gilbert MS, NBC-HWC, CSCS**

**Location: Attend virtually at**

**<https://www.ccemployeewellness.com/wellness-connection-1>**

**Date and Time: Wednesday, Nov. 20, 2024 | noon to 12:30 p.m.**

### **Objectives:**

1. Review the benefits of different types of activity and exercise.
2. Explore how to choose what is best for you.
3. Discuss the importance of life-long movement.

**All caregivers are welcome to attend this presentation.**