

Your wellbeing: Staying Physically Active by Older Persons Advocacy Network (OPAN)



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WHEN Tuesday, September 28th 2021
11:30 AM - 12:30 PM

WHERE Online

COST Free

Join us for this new webinar series exploring wellbeing during the COVID-19 pandemic.

In webinar 2 Your Wellbeing: Staying Physically Active we will cover:

Importance of physical activity and exercise during COVID-19.

Falls prevention strategies.

Diet and nutrition advice.

Accessing GP services.

Exercise ideas.