



iMOVE

INCLUSIVE

Health + Wellness

People In Motion is a Kamloops not-for-profit which has been "Creating A Better Tomorrow" for people living with disabilities since 1989 by providing fitness, educational and social programs and services.

iMOVE - Inclusive Health & Wellness is a Community Living British Columbia (CLBC) funded program that offers participants the opportunity to move and shake, with a certified health and wellness instructor in partnership with The Tournament Capital Centre (TCC). A People In Motion Active Living worker and volunteer will be onsite during activities to provide participant support.

Participants will get the opportunity to try a variety of fully inclusive indoor and outdoor activities ranging from yoga, hiking, and swimming to field house activities.

September

TUESDAY 5 | 6PM - 8PM
MEANINGFUL MOVEMENT

LOCATION: MIDDLE COURT

TUESDAY 12 | 6PM - 8PM
PHYSICAL ACTIVITY

LOCATION: MIDDLE COURT

TUESDAY 19 | 6PM - 8PM
MEANINGFUL MOVEMENT

LOCATION: MIDDLE COURT

TUESDAY 26 | 6PM - 8PM
SWIMMING

LOCATION: WESTSYDE POOL

October

TUESDAY 3 | 6PM - 8PM
PHYSICAL ACTIVITY

LOCATION: MIDDLE COURT

TUESDAY 10 | 6PM - 8PM
MEANINGFUL MOVEMENT

LOCATION: MIDDLE COURT

TUESDAY 17 | 6PM - 8PM
PHYSICAL ACTIVITY

LOCATION: MIDDLE COURT

TUESDAY 24 | 6PM - 8PM
PHYSICAL ACTIVITY

LOCATION: MIDDLE COURT

TUESDAY 31 | 6PM - 8PM
SWIMMING

LOCATION: WESTSYDE POOL

Please wear comfortable workout clothing, bring indoor shoes, a water bottle and a towel.

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Thank-you
TO OUR SUPPORTERS



Volunteer
WITH US!

