
Response to COVID-19

October 2021

The Active Aging Society and the Active Aging Research Team at UBC acknowledge the health threat that COVID-19 presents, and encourages everyone to follow [the current public health guidelines](#) set by the Province of British Columbia and best prevention practices outlined on the [BC CDC website](#). Our staff adhere to the COVID-19 policies that are in place at the [University of British Columbia](#) and Vancouver Coastal Health.

As organizations committed to the physical, social, and mental health of older British Columbians we know that now—in the midst of the COVID-19 pandemic—older British Columbians need our support to stay active and connected while maintaining physical distance from others. Keeping active and connected are vital to ones' happiness and health.

Information About Choose to Move & Online Resources

In response to the pandemic and in collaboration with our delivery partners, we have increased online access to our signature initiative, Choose to Move. We also offer safe ways to participate in-person. To learn more about where and when Choose to Move is offered, visit www.choosetomove.ca/locations.

- We expect our delivery partners to follow current provincial COVID-19 protocols and restrictions. Additional regional restrictions may be in place in some areas. Please check with each program site to learn about their COVID-19 policies for Choose to Move.
- To join the waitlist for Choose to Move online, please visit <https://bit.ly/CTM-Online>.

To complement our program and to support any older adult looking to get more active and connected, we offer an online portal full of high-quality resources, tools, and information: www.choosetomove.ca/get-active. We also offer a bi-weekly motivational newsletter, The Choose to Move at Home Check-in. Subscribe here: <https://bit.ly/CTM-Online>.

We commend and thank our many Choose to Move delivery partners and activity coaches. Their commitment to ensure that older adults in their communities feel supported to keep active and connected is unwavering. They are our heroes!