

KAIROS ALIVE MOVING WELL™ REMOTE TRAINING

NOVEMBER 2023

3, 4, 11, 17, & 18 (TIME TBA)

*"The arts can be a powerful ally in our
quest to improve health for all"*

WHO Director General

LEARN HOW TO

- ENGAGE
OLDER ADULTS
- IMPROVE
MENTAL
HEALTH
- FACILITATE
ARTS-BASED
WELLNESS



**EMAIL
INFO@KAIROSALIVE.ORG
TO REGISTER**