



Forever...in Motion

Forever...in Motion is an initiative that helps older adults become physically active through volunteer led physical activity. The program goal is to improve and/or maintain the health of older adults living in the community through education and physical activity. The program includes endurance, strength, balance and flexibility activities which may be performed either in sitting or standing positions.



Northview will be hosting a Forever...in Motion weekly class in the church building on Thursday mornings from 9:30–10:30 am. This class will be co-led by Brian and Marilyn Moffatt. This program will begin on Thursday, September 20th. Please speak with Brian and Marilyn for more information or to find out how to become trained as a leader.