



Virtual Fit with a Physician

Join Venture Outdoors, the Jewish Healthcare Foundation, and local healthcare professionals on virtual walks, weekly exercise routines, and learning healthy living tips to keep active at any age!



Wednesdays at 1pm on the Virtual Senior Academy, Fit with a Physician will go live. Every week we will focus on a different component of well-being, from diabetes to arthritis to finding the joy in walking. Get the chance to ask questions to licensed Physicians and other healthcare professionals and get active whether in your own home or outside!

**CREATE A MEMBERSHIP AND REGISTER
FOR COURSES AT
VIRTUALSENIORACADEMY.ORG**

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