

2022

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## MOVE TO LIVE, LIVE TO MOVE; FIND YOUR BALANCE

Take part in the #physicalliteracy movement and join fellow parents, educators, and professionals to learn from the experts in their fields about physical activity!

**THURSDAY,  
NOVEMBER 3RD**

**9AM-530PM EST**

**VIRTUAL VIA ZOOM**



**DR JENNIFER HEISZ**

Associate Professor,  
McMaster University  
Director of  
NeuroFitLab.com,  
Researcher of brain-body  
connections,  
Author of Move the Body,  
Heal the Mind.



**JESSE LUMSDEN**

Canadian Olympic  
Bobsledder, Canadian  
Football Player

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for more presenters!

