



generationhealth



A FREE 9-week family program to inspire healthier BC families with kids ages 8-12.

Learn together about:

- Healthy Eating
- Physical Activity
- Positive Mental Health
- Screen Time
- Sleep Routines



Family activity credits and cooking classes included!

In-Person at The Westshore Parks and Recreation Centre in Victoria BC.

Wednesdays 6:30 - 8:30pm, January 17 - March 13, 2024

Register for the programs today at:

info@generationhealth.ca

www.generationhealth.ca



University of Victoria

