



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](mailto:info@generationhealth.ca)

[www.generationhealth.ca](http://www.generationhealth.ca)



University of Victoria

