

A Free 10 Week Program to Inspire Healthier BC Families in Northern BC!

Learn together about:

- Healthy Eating
- Physical Activity
- Screen time
- Sleep Routines
- Wellness



For families with at least one child ages 8-12
(One parent/caregiver must attend each week)

Online self-directed option is available for families outside of the age range

Program includes:

- Q&A's with health professionals
- A family cooking class
- Post program recreation credit based on attendance

Virtual Via Zoom YMCA BC - Northern BC
Thursdays 6:00-8:00pm

January 23 - March 27, 2025

Generation Health Community funding is provided by the BC Ministry of Health



Scan QR Code or [Click Here](#) to Register and Learn More