

A Free 10 Week Program to Inspire Healthier BC Families at **McNeely Elementary School**



For families with at least one child ages 8-12

(an online self-directed option is available for families outside of the age range)

One parent/caregiver must attend each week

Learn together about: Healthy Eating, Physical Activity, Screen Time & Sleep Routines.

Program includes: Q&A's with health professionals and a family cooking class.

Post-Program: Families receive a **\$150.00 recreation credit to Cambie Community Centre**

McNeely Elementary School in Richmond

Wednesdays 3:00-5:00pm

October 9 - December 11, 2024

www.generationhealth.ca/community/register



Scan QR Code or Click Here to Register and Learn More