

Free Spring Program for Families!

Learn about healthy eating, smarter screen time management, physical activity, and building long-lasting healthy habits as a family in Generation Health Community.

This 10-week program for families with children ages 8 to 12 is  & interactive!

- ✓ Delivered through YMCA BC starting April 2025 on Wednesday, Thursday, Friday evenings and Sunday afternoons.
- ✓ Families who join this program will receive a complimentary YMCA membership.

**Register
today!**



To learn more, visit gv.ymca.ca/generation-health-community
or email at generationhealth@bc.ymca.ca