



generationhealth

Inspiring Healthier
BC Families

Learn to make changes for a healthier family

FREE Family Program

Join other families
with children ages 8-12
who want to be on a healthy
weight and healthy lifestyle path.

Build skills to:

- Support your family's health and quality of life
- Eat healthy and be more active
- Promote positive mental and social health

STARTING OCTOBER 4, 2019

Fridays 5:30 pm – 7:30 pm

Tong Louie YMCA

Fun and Interactive

To find out more about this
FREE 10 week program:

Ph: 1-888-650-3141

info@generationhealth.ca

www.generationhealth.ca



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