



Connect Through Healthy Living Program

Description:

In the Connect Through Healthy Living program, the Welcome Centre partners with various health services to encourage healthy living. Newcomers receive information and resources to increase their knowledge about how to live a health lifestyle, including eating right, exercising, mindfulness and more.

Target Participants:

All newcomers

Goals:

The program strives to enhance knowledge and awareness of the importance of taking care of our health. Though improving healthy eating choices, increasing daily exercise, and limiting stress, newcomers are introduced to strategies to support health living. Guest speakers from the field are invited to share evidence-based life-style choices to help make informed decisions about physical and mental health and well-being. Useful multi-lingual information and resources are shared throughout this program.

For more information:

Contact the Surrey Schools Welcome Centre at 604-543-4060.

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Funded by:

Financé par :



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et Citoyenneté Canada