



Family Healthy Living Program September 2018

Learn to Make Changes for a Healthier Family

Join other families with children ages 8 – 12 who are off the healthy weight and healthy lifestyle path. This FREE 10 week program involves fun activities and opportunities to discuss different topics that help build skills to:

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

Fridays

5:30 PM – 7:30 PM

Tong Louie Family YMCA

To find out more about the program:

Phone: 1-888-650-3141 (Toll Free)

Email: familyhealthyliving@uvic.ca

Website: www.familyhealthyliving.ca

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