



Join Us For Generation Health This Fall!

Learn about healthy eating & physical activity and build long-lasting healthy habits as a family in Generation Health. This 10-week program for families with children ages 8 to 12 is free, interactive and FUN!

Delivered through YMCA BC starting October 2023 on Monday, Tuesday, Wednesday, Thursday, and Friday evenings.

Interested? Register today!

Call 1-888-650-3141 or email generationhealth@bc.ymca.ca



gv.ymca.ca/generation-health



University
of Victoria

