

A Free 10 Week Program to Inspire Healthier BC Families



For families with kids ages 8-12.
One parent/caregiver must attend.

Learn together about: Healthy Eating, Physical Activity, Screen Time & Sleep Routines.

Program includes: Q&As with health professionals, virtual cooking classes and community family physical activity access.

Group programs run Virtually and In-Person four times a year in many communities across BC. Additionally, a Self-Directed program is available for families.



Scan the QR Code to Register or Learn More

or visit:

generationhealth.ca/community