

3rd Annual Healthy Kids Day

Sunday
June 7

REGISTER IN ADVANCE
FOR FREE:

- Meditation class
- Hands on healthy cooking session in the Wellness Kitchen
- YMCA Strength and Conditioning Floor orientation. Try it with your child over 12!
- Kids Ballet Show

DROP IN FOR FREE:

- Picky eating 'taster' class
- Ask a Dietitian session
- Access to the YMCA
- Climbing wall time
- Storytime/playdate
- Martial arts class
- Family obstacle course
- Hand massages

WIN PRIZES!

South Health Campus
Wellness Centre
4448 Front Street SE



first2000days
Early Childhood Development Network



POPPY
INNOVATIONS



helping people
create better lives

Contact Candice at 403-956-3938 to register. Visit
<http://www.albertahealthservices.ca/Facilities/SHC/page60.asp> for the full schedule.



Calgary
Health Trust