



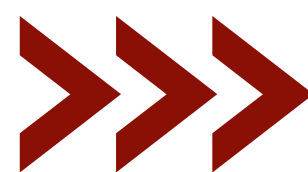
## Free Winter Program for Families!

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

Delivered through YMCA BC starting February 2025 on Tuesday, Wednesday, Thursday, and Friday evenings.

Families who join this program will receive a complimentary YMCA membership.

**Register  
today!**



[gv.ymca.ca/generation-health-community](https://gv.ymca.ca/generation-health-community)  
[generationhealth@bc.ymca.ca](mailto:generationhealth@bc.ymca.ca)