



## Free Spring Program for Families!

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

Delivered through YMCA BC starting April 2024 on Tuesday and Wednesday evenings.

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

**Register today!**



[gv.ymca.ca/generation-health](https://gv.ymca.ca/generation-health)  
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