

for ages 3-5 years old

This FREE program will keep you and your 3-5 year olds engaged in fun active play, creating healthy habits for life!

> Parents/ caregivers must be in attendance.

Thursday, November 30 10 to 11:30 a.m.

Strathmore Motor Products Sports Centre Limit of 25 kids per session FREE

> Registration at 5forlife.ca For more information contact Growing Families Society at 403-361-7216







www.5forlife.ca

