

Register now!

Join us for Healthy Together, a children and parent health program. Each week we will engage in conversation, move our bodies and prepare a snack to share.

This program is for parents with children between the ages of 3 - 5 years.

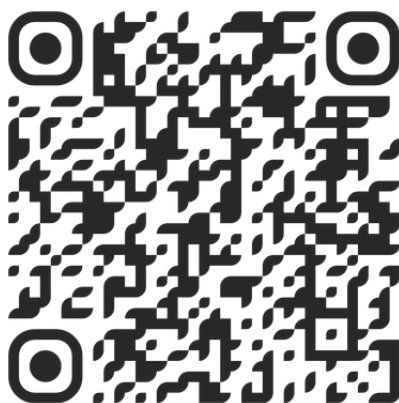
- ✓ Learn about nutrition together
- ✓ Prepare and try new snacks
- ✓ Get our bodies moving
- ✓ Make new connections



Thursdays

from 9:30am - 11:30am

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Connections**
at the Strong Roots Centre

**Healthy
Together**
Children's Health Program

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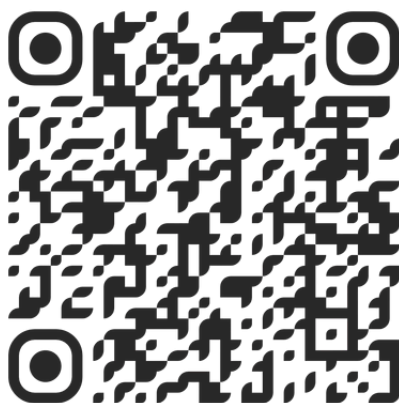
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