



Change Health Community Program

Come join us to participate in this innovative program connecting you with family, community, health provider resources and activities. There is no cost to participate!

Engage with family and community resources!

- ✔ fun activities for your whole family such as: active games, yoga, neighbourhood scavenger hunts, live cooking sessions
- ✔ meet other families in your community
- ✔ hands-on activities tailored to the entire family
- ✔ mental wellness activities
- ✔ learn how to make healthy changes

Participating families will also receive program boxes with fun activities and food ingredients to try new recipes, and a chance to win great prizes!

WHEN

Thursday evenings starting February 25 2021

Online sessions are about one hour long.

WHERE

Join from home on-line
(technology support available, if needed)

MORE INFO & TO REGISTER

Email us at: chcp@ualberta.ca

Or contact us through our website:
facebook.com/ChangeHealthCommunityProgram



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