



Personal Health Improvement Team (PHIT) Family Sessions



Family Session Times

Thursdays

Community Centre

5:00PM-7:00PM

Supper Will be Provided

May 11th – *Water Does Wonders: Reducing Sugary Drinks*

May 18th – *Getting Active as a Family and a Community*

May 25th – *Balanced Food Choices: Red, Yellow & Green Foods*

June 1st – *Dealing With Stress Together: Family Coping Strategies*

The Health Centre is pleased to partner with The Personal Health Improvement Team (PHIT) to offer a series of sessions for families here in Curve Lake.

The Personal Health Improvement Team (PHIT) is a paediatric outpatient program for children, youth and families.

Each session will give families the opportunity to eat, play, learn and grow together!

Weekly Prizes & Families who attend all four sessions will be entered into a draw for a Grand Prize!!

If you are interested in signing up for these sessions, or would like more information please contact the Health Centre (705) 657-2557.