

Generation health is a FREE program for families with children **ages 8-12 years old** offered in communities across B.C. The program is for families who want to be on a healthy lifestyle path. It is for families to complete together, **at least one parent or caregiver must attend the sessions with the child** (it does not need to be the same parent or caregiver each week).

The program is offered both Virtually via Zoom for families across British Columbia, and In-Person in many communities.

It was designed in B.C. by healthy lifestyle and behaviour change experts.

- The program supports participants to make family changes to health behaviours such as **healthy eating, physical activity, positive mental health, screen time, and sleep.**
- The focus is on practical, fun activities that build family connectedness while building both the parent and child's skills to make lasting changes. The positive mental health components aim to build resilience and self-confidence.

During the 9-week program, families in Weekly Group Sessions are also offered:

- 3 virtual group cooking classes led by a Registered Dietitian
- 1 virtual group Q&A / info session with a Registered Dietitian
- 1 virtual group Q&A / info session with a Mental Health Specialist
- After successfully completing the program, **families will receive a family recreation centre pass**, continued access to the mobile App, and our monthly healthy living e-newsletter.

The Richmond program is offered at the Cambie Community Center:

Dates: Sundays February 11 – April 14, 2024. Registration will be open until February 18, 2024.

Times: 1:00-3:00pm

Locations: Cambie Community Centre

**Does this program not work for your family's schedule? We also have BC wide virtual via Zoom programs, visit www.generationhealth.ca to see all the program times and locations.

To register, find exact program dates, or find out more about the program:

Phone: 604-251-2229

Email: registration@generationhealth.ca

Website: <https://generationhealth.ca/registration-contact/>



generationhealth



A FREE 10-week family program to inspire healthier BC families with kids ages 8-12.

Learn together about:

- Healthy Eating
- Physical Activity
- Positive Mental Health
- Screen Time
- Sleep Routines



Family activity credits and cooking classes included!

In-Person at The Cambie Community Centre in Richmond BC.
Sundays 1:00 - 3:00pm, February 11 - April 14, 2024

Register for the programs today at:

info@generationhealth.ca

www.generationhealth.ca



University of Victoria

