

## **Families Get Together**

**Families Get Together is a seven week program that promotes healthy eating, physical activity, healthy cooking, healthy weight and positive self-esteem.**

**Who:** Parents/ Caregivers and their child(ren) aged six to nine years old

**What:** Come with your child(ren) and enjoy a fun-filled and active program, including cooking and eating together.

**When:** Spring 2012



**Where:** North Lanark Community Health Centre

**Cost:** Registration Required  
Child Care and Limited Transportation Available

**Presented by:** The Healthy Young Families Program

**For more information or to register please call Maggie at  
613 259-2182 or  
1- 866-762-0496**



North Lanark  
Community Health Centre  
A part of Lanark Health and Community Services



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