

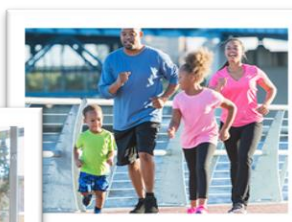


# MARCH 25 7 PM HEALTHY ACTIVE LIVING

## Virtual Presentation

We all know the benefits of healthy, active living extend beyond the physical. We have all heard that exercise can boost your mood and have a positive effect on your mental health. But when the gyms are closed, team sports are at a standstill and we spend more and more time in front of screens, how can we safely increase our physical activity?

Sign up for this virtual presentation to learn easy ways to add FUN to family activities guaranteed to get you moving! Open the Google form attached and kindly RSVP. Hope to see you there!



Experience a  
Visualization to  
share with your  
family

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Meet  
Karen August



YCDSB Health &  
Physical Education  
Teacher and  
Consultant

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Learn fun ways to  
help keep your  
family active and  
healthy

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Draw for fun prizes!  
(must be on-line to  
win)

Brought to you by:  
Trustee Jennifer Wigston  
Vaughan Area 4