

MOVE YOUR MOOD FEBRUARY 2023 FAMILY CHALLENGE



This FREE Family Challenge is open to all families and all ages.

During the challenge you will learn ways to connect as a family by; practicing mindfulness, moving your bodies, fueling your bodies, expanding your mind and building healthy relationships.

Register at sparcreddeer.ca between January 1 - January 31, 2023. Your family will receive 4 weeks of challenge ideas. The first week will begin Feb 6th.

Complete family challenges for a special MYM medal and a chance to win fun family prizes!

This year's MYM Family Challenge is sponsored by the Red Deer Kinsmen Club.

Questions? email move.yourmood@ahs.ca