

MOVE YOUR MOOD FEBRUARY 2022 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 17 - 28, 2022.

Complete family challenges for a chance to win prizes!

Questions? email move.yourmood@ahs.ca