



PLAY N LEARN



Building a strong foundation for a lifetime of good health



Monday 9:30-11:30

January 20, 27, February 3, 10, 24,
March 3, 2025

Play and Learn promotes: healthy eating, active living, positive body image and positive parenting through fun, unique, nurturing activities for families with young children.

- A fun, free family program
- For children 2-5 years old and their grownups
- Games, songs, stories, snacks, literacy activities and resources
- 6 weeks, 2 hour sessions



**Facilitators:
Farida & Luisa**

Scan to Register

