

Sun Life Healthy Active Living Initiative

FAMILY ADVENTURES IN HEALTH



Discover

Healthy eating & physical activity



Connect

As a family & with the community

FOR
ALL
AGES

Explore

How to prevent chronic conditions



Join us for this free, interactive workshop led by trained instructors.



TO LEARN MORE,
SCAN HERE OR CONTACT:

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Family Adventures in Health is a partnership with William Osler Health System and City of Brampton



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