



## The Importance of Physical Activity in Enhancing Youth Learning

For parents, guardians, and students in North Vancouver schools

Join us for an informative workshop to learn about:

- How physical activity improves focus, memory, and academic performance
- Physical education in the BC curriculum
- Encouraging daily movement and an active lifestyle in youth.

**A limited number of swimming passes will be available to encourage active play.**

For more information and to register, contact:  
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### Workshop Highlights

Thursday, February 12  
4:00 pm- 5:00 pm

Join us to learn how movement and physical activity can boost children's learning, focus, and overall well-being!

### Details:

This workshop will be presented in English.

This workshop is open to permanent residents and protected persons.

**In-Person, Impact North Shore**  
207-123 East 15<sup>th</sup> St. North Vancouver

To participate in this workshop, you must register as a client with Impact North Shore.

This program is government-funded and free of charge.