



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 15th 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.