

HEALTHY FAMILIES FORUM



LIVE A HEALTHY AND ACTIVE FAMILY LIFE.

SATURDAY
OCTOBER 1ST
2016

ÉCOLE DU SOMMET
HALIFAX

Starting at 12:45 PM

PROGRAM OF EVENTS

12:45 PM	Doors open
1:15 – 2:15 PM	Gym TumbleBugs session with la Pirouette
1:15 – 2:15 PM	Classroom 1114 Personal Training with Danyèle
1:15 – 2:15 PM	Yoga room 1094 Family yoga session with Sylvie
2:20 – 3:20 PM	Classroom 1112 Healthy cooking class with the FPANE
2:20 – 3:20 PM	Classroom 1114 Interactive reading with Shelley Rudderham
2:20 – 3:20 PM	Yoga room 1094 Family yoga session with Sylvie
3:20 – 4:00 PM	Entrance hall Networking break and snack
4:00 – 5:00 PM	Classroom 1112 Healthy cooking class with the FPANE
4:00 – 5:00 PM	Yoga room 1094 Family yoga session with Sylvie
4:00 – 5:00 PM	Classroom 1114 Interactive reading with Shelley Rudderham
5:10 – 5:30 PM	Café-theatre Draw for the "Be active" contest
5:35 – 7:00 PM	Café-theatre Healthy buffet – Couteaux, Chaudrons et Talons hauts
7:05 – 9:30 PM	Café-theatre Dance party

SIGN UP
for free at
FPANE.ORG

Come meet
francophone health
care professionals
(Nutritionist,
nurse...)

Only
75 free places
available for the
buffet and
dance party

Enter
our draw

FOR THE CHANCE
TO WIN AN
**ACTIVITY
TRACKER**

