

## The Four Villages Community Health Centre **PROGRAMS FOR CHILDREN (6-12)**



**The Four Villages**  
Community Health Centre

WORKING TOGETHER FOR WHOLE HEALTH

If you are looking for programs that are fun, active, and educational, we have them.

**We look forward to seeing you in our programs!**

### **Please note:**

- Programs are offered at various locations and times throughout the year.
- Some programs may be available infrequently based on demand.
- Some programs are offered off-site.
- Please call the contact person indicated for additional program information.

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**FAMILIES GET TOGETHER:** This 8 week program promotes healthy weights and healthy living for parents and children 8-10 years old. The program includes information on nutrition, body image, self-esteem, and physical activity. Each session has a one hour exercise component facilitated by a trained instructor. For more information contact **Krystyna at 416-855-1058.**

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**KIDS CAN CREATE:** This 4 week program is for children 4 to 7 years old. If you are interested in having your little ones learn how foods grow, make yummy recipes, and enjoy their delicious creations, this is the program! Children will meet new friends and enhance fine motor skills with crafts and activities. For more information contact **Susan at 416-604-6442.**

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**KIDS COOKING CLUB:** This 5 week cooking and nutrition education program is for children ages 8 to 12 years old. Want to have fun learning how to cook with your friends? Children learn about food and nutrition in a fun and interactive way. For more information contact **Krystyna at 416-855-1058.**

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**SCHOOL NUTRITION EDUCATION:** Are you a teacher interested in inviting a Registered Dietitian into your classroom? This program offers elementary school students the opportunity to learn about nutrition and develop cooking skills through hands-on food preparation. Tasting of the prepared food and eating together often facilitate additional discussion on healthy eating practices as well as different cultural foods. For more information contact **Krystyna at 416-855-1058.**

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**YOUTH COOKING CLUB:** Let's cook together! Join us for hands-on cooking with a dietitian and learn about healthy eating. This 4 week program is for youth ages 12 to 18. For more information contact **Cindy at 416-855-1044.**

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