

Families Get Together

Families Get Together is a seven week program that promotes healthy eating, physical activity, healthy cooking, healthy weight and positive self-esteem.

Who: Parents/ Caregivers and their child(ren) aged six to nine years old

What: Come with your child(ren) and enjoy a fun-filled and active program, including cooking and eating together.

Where: Carleton Place

When: Thursdays from 5:30 – 7:30 pm
March 31st – May 12th



Cost: Registration Required
Child Care and Limited Transportation Available

Presented by: The Healthy Young Families Program

For more information or to register please call Hinda at
613 259-2182 or
1- 866-762-0496



North Lanark
Community Health Centre
A part of Lanark Health and Community Services



Ontario's Community
Health Centres
Every One Matters.