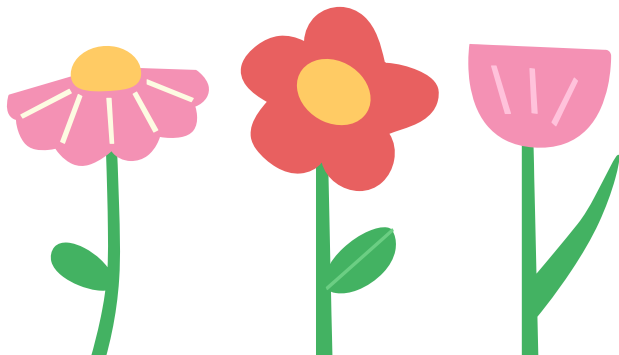


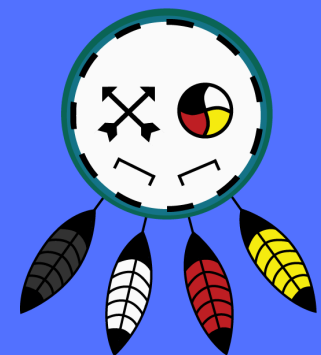
# HEALTHY KIDS PROGRAM

Healthy Kids focuses on the overall well-being for children of all ages. This includes physical, mental, emotional and spiritual well-being. The Healthy Kids Program is rooted in nutrition, physical activity, creativity and culture.



N'SWAKAMOK NATIVE  
FRIENDSHIP CENTRE

# HEALTHY KIDS PROGRAM





# Program Objectives

Our goal is to help children develop the healthy habits necessary to lead a happy and healthy life.

## Offerings



### HEALTHY EATING

Learning how to make quick and easy healthy snacks



### PHYSICAL ACTIVITY

Moving our bodies with fun games and activities



### GETTING CREATIVE

Mindful crafts that support creativity and mental wellbeing




### CULTURE


Traditional teachings and culture

**For more information about the Healthy Kids Program Contact:**

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