



WESTBANK
FIRST NATION

Community. Leadership. Pride.



Need that extra incentive to get FIT?

Join us at **FAMILY FITNESS!!**

Stay at home Moms, Dads, Grandparents, Aunts & Uncles with children! Are you getting bored at home? It's time to turn off the tv & join us at the community services building. This is an opportunity for you to get fit & have fun with your children at the same time in a supportive environment!!

We will have weekly workouts for children & adults, nutrition & exercise tips, goal setting, and prizes every session!!

Prizes include: spa gift certificates & movie passes, etc.

Rides available call Melanie or Michelle 250-768-0227.

When: April 6th Orientation & Registration Day

April 13th – June 22th

Where: Community Services building 1900 Quail lane

Time: 11 – 12pm

Hope to see you there 😊