



PLAY N LEARN



**Building a strong
foundation for a lifetime
of good health**



Monday 9:30-11:30

November 9,16,23,30

December 7,14 2026

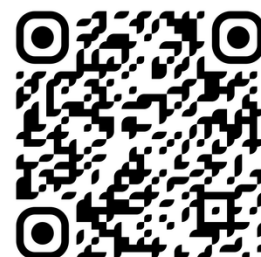
**Play and Learn promotes: healthy eating,
active living, positive body image and
positive parenting through fun, unique,
nurturing activities for families with
young children.**

- A fun, free family program
- For children 2-5 years old and their grownups
- Games, songs, stories, snacks, literacy activities and resources
- 6 weeks, 2 hour sessions



**Facilitators:
Farida & Luisa**

Scan to Register



7710 Nanaimo Street, Vancouver BC V5P 4Y2