



Join the "Honor Your Health" Challenge!!

This is a six-week challenge where you compete individually
to learn about healthier living.

We will meet bi-weekly to learn some healthier lifestyles.

First week starts Monday March 5th, 2018

Information dinner on Sunday 4th at Health Center - 4:00pm

Can register/start any time

To register please call *Alisha Billy 250-852-3625*

or *Sandy Lund 778-257-4123/ slund@alib.ca*

Bi-weekly prizes will be awarded for various best individual results.