



TAKE A BREAK

Nourish, Breathe & Move

Early Years to Kindergarten Events

**Do you have a 3-5 year old preschooler
on the pathway to Kindergarten?**

**Join us for FREE family events
at Alexis Park Elementary School!**

- **Nourish - May 27th, 10:00-11:30am**
Focus on nutrition & sleep with healthy snacks provided!
- **Breathe - June 3rd, 10:00-11:30am**
Focus on social-emotional well-being with take home tools provided!
- **Move - June 7th, 4:30-7:00pm**
Focus on movement & music with special guest "Will's Jams".
Outdoor picnic provided with musical performances at 5:00 & 6:00pm

**Hosted by
SD22
&
Community
Partners**



Register online at sd22.bc.ca or click HERE

