



BE ACTIVE QUÉBEC EVENTS 2016-2017

December 10th- Mom's Night Out Christmas Party

January- Mom's Night Out Family Ice Skating

February 18th- Snowshoeing with VEQ Newcomers

March 6-10- Daily Spring Break Activities

(including sledding, building snow castles and more!)

April- Mom's Night Out Freezer Cooking Class

May- Be Active Québec Gala

June- Community Hike

Take-a-Break, Baby Chat Café and Travellin' Toddler Time occur regularly from September-June.

For more information about upcoming events, dates, times or locations like our Facebook page, Be Active Québec, or check out our website: www.beactivequebec.org

Why participate?

—
Meet other families in the community
—

Learn how to improve the health and fitness of your child
—

Have fun with your children in Québec City
—

All activities are open to the English-speaking community and are FREE

BE ACTIVE QUÉBEC

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