



Dadventures

Activities for guys raising kids

The community Wellness Centre has lined up some free, fun, active living outings for guys raising kids in the Quebec City region.

Dads, step-dads, grandpas and maybe even uncles! Don't miss the chance to power forward with your kids on **Saturday mornings (9:30 to 11:00 am)** with fitness coach Jarryd Smith!

2019

Sept 28:	Hiking in the GREAT outdoors Location: Mont Wright	For kids 1 to 8 years old
Nov 30:	Ramp-up Your Motor Skills Rally Location: Quebec High School	For kids 1 to 5 years old

2020

Feb 29:	Build a Snow Creature/Sledding Adventure Location: Eastern Quebec Learning Centre	For kids 2 to 8 years old
April TBA	Fit and Fun—Introduction to Judo Location: To be confirmed	For kids 3 to 8 years old
June 13:	Paternity Week Amazing Race Challenge Location: Plains of Abraham with Potluck Picnic	For the whole family



For more information or to register, contact Ellie Fleming at efleming@jhparkers.net or 418-684-5333, ext. 1265

wejh.ca

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