

## **Healthy Kids Community Challenge**

## **Family Day at the Market**

Saturday, October 15, 2016 8:00 a.m. - 1:00 p.m. Morrow Building

(Roger Neilson Way beside Memorial Centre)

## **FREE**

Kids activities, refreshments and freebies\*

\*while supplies last

## Let's make the healthy choice.

Water is the natural choice for our kids to stay healthy and hydrated. It is essential to keep their bodies working and growing properly. With water, there's no need to worry about sugar, calories, additives, preservatives, or caffeine. Let's get our kids drinking more water and see how it really does wonders.



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