

FREE

# SAVE THE DATE



**December 1, 2017**  
**6:00-8:00pm**

## Simple Strategies for a Healthy Family

**Vancouver Technical Secondary School (Library)**  
**2600 East Broadway, Vancouver, BC, V5M 1Y5**

- Listen to health experts
- Meet community support organizations, take home resources
- Ask questions about healthy habits
- Learn practical tips, strategies, and skills
- Practice strategies to improve communication and keep your children, parents and grandparents healthy at home
- Learn how to maintain open communication to support youth children

**Presented in Cantonese** for parents, caregivers of youth **grades 7-10**

Light refreshments provided 6-7pm

Street Parking off Broadway, Slocan, or Penticton Street & Library located in the basement of the main building.

**Vancouver Coastal Health**

溫哥華沿岸衛生局

溫哥華技



UBC a place of mind  
THE UNIVERSITY OF BRITISH COLUMBIA  
**Faculty of Medicine**  
Department of Emergency Medicine

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