

ARE YOU A PARENT OF A CHILD WHO IS **0-6 YEARS OLD?**

Kingston Gets Active invites you to participate in a **FREE Physical Literacy** workshop for parents!

Learn how Physical Literacy and Play are important for your child's development.

Find some fun ways to play with your child at home and outdoors.
Take home a **FREE Active Kit** valued at \$50

Friday March 8	Bayridge Public School (1066 Hudson Dr)
Monday March 11	Storrington Fire Hall (3887 Battersea Rd, Battersea)
Wednesday March 27	Lion's Hall (12328 Highway 41, Northbrook)
Friday March 29	Boys and Girls Club West (1300 Bath Rd)
Wednesday April 3	Harrowsmith Free Methodist Church (3876 Harrowsmith Rd, Harrowsmith)
Friday April 5	KCHC (263 Weller Ave)
Friday April 12	Rideau Heights Public School (77 MacCauley St)
Tuesday April 16	Holy Name School (370 Kingston Mills Road)
Wednesday April 24	EarlyON Sharbot Lake Centre (1004 Art Duffy Rd, Sharbot Lake)
Monday May 6	Strathcona Paper Centre (Napanee)

All workshops will be from 10:00AM - 11:30AM

If you are interested in attending any of the workshops, please RSVP at info@Kingstongetsactive.ca and indicate your preferred workshop location and the number of children who will accompany you.