Have a ball together!



Children need active play to grow and be healthy.

Less TV and computer time means more time for active play.

It's fun and easy to be active with children! Run, jump, dance...

www.haveaballtogether.ca www.avousdejouerensemble.ca

Funding for this poster was provided by the Public Health Agency of Canada

best start meilleur départ

by/par health Nexus santé