

Free event!



First Annual National Forum on Physical, Mental and Spiritual Health

Getting Youth Active in a Digital World

Are you curious about the latest research on physical literacy and the impact of movement in today's digital age? This event is perfect for kids, youth, and adults alike, as we delve into the importance of staying active and healthy in a world dominated by screens.

Discover how to break away from the sedentary lifestyle and embrace the power of movement. From engaging discussions to interactive activities, there is something for everyone at this event. Whether you're a parent looking to encourage your children to be more active, a teenager wanting to understand the benefits of physical activity, or an adult seeking to improve your own health and well-being, this event is for you.

[Please register here](#)

Details:

Sentinel Secondary

1250 Chartwell Dr

West Vancouver

Sunday, June 2

1pm - 3pm