

# **Move Your Mood**

Family Challenge

**St. Martin de Porres School**



**January 2017** sign your family up for the **8 week**  
**Move Your Mood Family challenge**

Each week the challenge will give your family ways to:

Be active

Eat healthy

Develop positive relationships

**Sign up NOW!**

<https://goo.gl/forms/7PLVOxsWbtX3VetF3>

Contact **Kristie McCullough** for more information

Deadline to register January 20th, 2017

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This program is in partnership with Alberta Health Services and  
Red Deer Catholic Schools