

# MOVE YOUR MOOD JUNE 2021 FAMILY CHALLENGE



This FREE Family Challenge is open to all families and all ages.

During the challenge you will learn ways to connect as a family by; practicing mindfulness, moving your bodies, fuelling your bodies, expanding your mind and building healthy relationships.

Register at [sparcreddeer.ca](https://sparcreddeer.ca) between May 1 - May 26, 2021

Complete family challenges for a chance to win prizes!

Questions? email [move.yourmood@ahs.ca](mailto:move.yourmood@ahs.ca)

This challenge is sponsored by ParticipACTION Community Better and the Alberta Health Services Move Your Mood program.