



Youth Fitness Connection

A Free Program for Newcomer Youth

This 12-week fitness and cooking program is open to Permanent Residents and Refugees between the ages 15 – 24 years*

- Discover fitness activities that you can do at home and at the gym
- Meet new friends and develop social and professional skills
- Learn how to eat healthy with hands on cooking skills and fun recipes
- This is an opportunity for newcomer youth to mentor other youth
- Be active and involved this Fall!

When:
Saturdays, Sep 25 – Dec 11, 2021
10:00 AM – 1:00 PM

Location:
Robert Lee YMCA
955 Burrard Street
Vancouver

***If you are over 25 years old and would like to join, please contact us directly.**

To register:
<https://youthfitnessconnection.eventbrite.ca>

For more information
Email us: connections@gv.ymca.ca
Call us at: 778 990 4856

Funded by:

Financé par :

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