



**Empowering the Village to Connect  
with the Child presents:**

# **Healthy Family Morning**

**Friday, November 5th, 2021 10:30 am - 1:00 pm**

**Come and enjoy a morning yoga workshop with the family and a healthy food workshop specially prepared for the little ones**

**Meet at Mount Pleasant Neighbourhood House  
800 East Broadway, Vancouver  
Unceded Coast Salish Territory**

[Click here and register](#)

<https://forms.gle/Pfj4WBLwXqzUq1BX7>

Limited spots due to COVID - 19 regulations.

**Sandwiches and snacks  
will be provided.**

**This activity is for families  
with children 2 - 5 years old  
You will be responsible for  
your child all time**



**Mount Pleasant  
Neighbourhood House**