



## HEALTHY LIVING SCHOOL

How can we help our young people belong, grow, thrive and lead in the community while choosing to live healthy & active lives?

Healthy Living School, at YMCA Calgary, focuses on the many ways that making healthy choices contributes to a vibrant community. Through a holistic approach to well-being, teachers and students will learn that living a healthy life goes beyond good nutrition and regular exercise. It's about being a positive role model and building strong social connections in the community.

Healthy Living School provides students and teachers an opportunity to discover more about themselves by embracing new experiences. Activities may include visual art, dance, drama, climbing, skating, sports, yoga, fitness, outdoor activities and more.

Every Healthy Living School experience is uniquely designed to explore a year-long inquiry about health & wellness.

### Ideas for inspiration could include:

- What does living a healthy & active life mean to you?
- How are we all connected to our community?
- How do we inspire others to live healthy & active lives?
- What role does our community play in supporting healthy choices?
- How can we become champions of health & wellness?
- How do choices the choices we make today that have larger impacts tomorrow?

YMCA Calgary is pleased to offer Healthy Living School at Shane Homes YMCA & Brookfield Residential YMCA.