

## Plan play time on your calendar

For more ideas on getting preschoolers active and to find out about community resources, visit our website www.haveaballtogether.ca

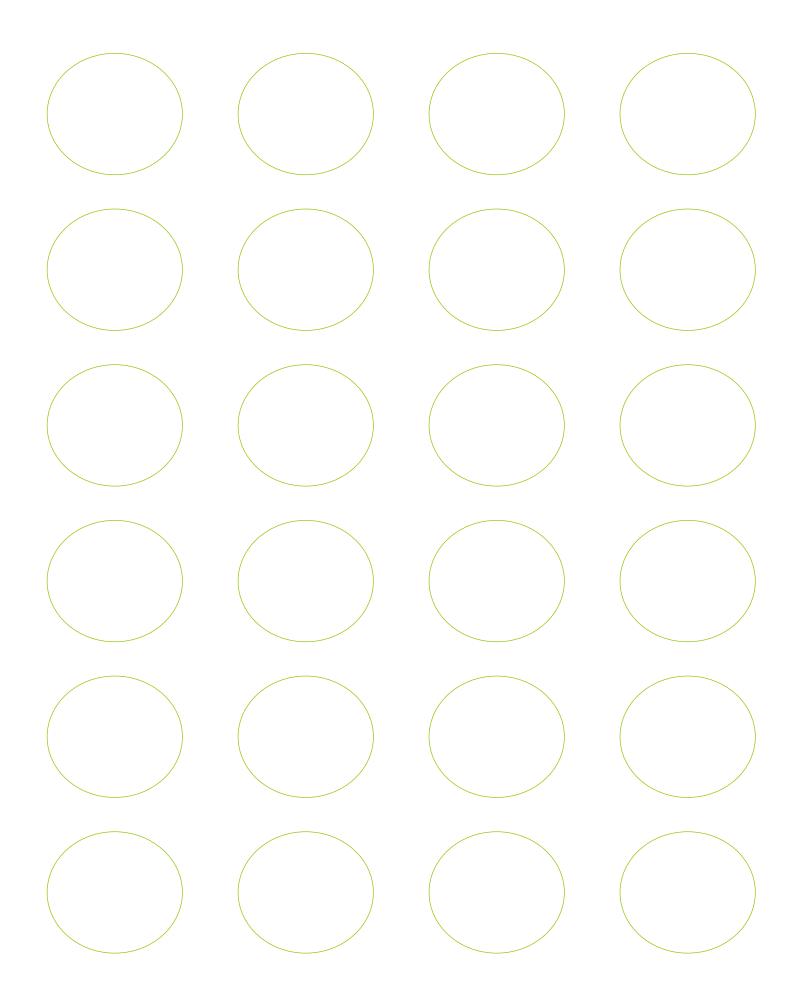




by/par health nexus santé



llustrations by Christine Sioui Wawanoloath



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