

**Give a child an active start  
and they will be more likely to  
lead a healthy and happy life!**



**Whether at home, in childcare, at school, or in the  
community, we all have a role in getting kids active.**

**For more information, tips and activity ideas,  
visit [haveaballtogether.ca](http://haveaballtogether.ca)**



**Have a Ball  
Together!**

**best start  
meilleur départ**

by/par health **nexus** santé

Project funded by:  
**LAWSON  
FOUNDATION**