

# Winter, spring, summer and fall... be active through the seasons!



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**