

# Physical activity is important for healthy growth and development!



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