

# MOVE YOUR MOOD FEBRUARY 2025 FAMILY CHALLENGE



This FREE Family Challenge is open to all families of all ages across Alberta to join.

During the challenge you will learn ways to connect as a family by; practicing mindfulness, moving your bodies, fueling your bodies, expanding your mind and building healthy relationships.

Register between January 6 - January 31, 2025.  
Your family will receive 4 weeks of challenge ideas. The first week will begin February 3rd, 2025.

Complete family challenges and submit a final evaluation for a chance to win fun family prizes!

To register click [here](#) or scan the QR code

