



Central Island Healthy Lifestyles Shapedown BC

**A FREE family based program for kids (aged 6-17)
and their families to achieve a healthier lifestyle**

Through aged based group programs and individualized support, Shapedown BC's team of dietitian, fitness instructor, social worker, and physician helps families to make positive changes in eating habits, activity level, parenting skills and self-esteem.

250-755-7955
CIHealthyLifestyles@viha.ca



Central Island
Healthy Lifestyles
Shapedown BC



BRITISH
COLUMBIA

HealthyFamiliesBC



island health