



Physical Literacy Month at the Library

This February we are celebrating the 2nd annual Physical Literacy Month!

Physical Literacy Passports

Pick up a Physical Literacy Passport (or download one [here](#) to print) at the library, Families First, or around town. Throughout the month of February complete 5 physical activities in the passport and then return the entry slip to the library by March 3.

The first 50 people to enter will receive a family pass to Harbour Pool!

Our grand prizes include 2 tickets to the Oilers' game on March 11 from Shell, a 3 month membership to GoodLife Fitness, a prize from the DCC, classes at Pure Yoga Studio, a kid's fitness bundle and more!



Programs at the Library

- February 2 at 10:30am: [Family Yoga](#) with Pure Yoga Studio
- February 4 at 10:30am: [Gentle Flow Yoga](#) with Pure Yoga Studio
- February 11 at 1pm: [Fuelling and Maintaining Physical Activity](#) with the PCN
- February 15 at 2pm: [DIY Jump Rope](#) (ages 6-12)



Thank you to our sponsors

