

Spotlight on Alberta Communities

City of Medicine Hat: Family Celebrates “Fun”

Family Fun Time was on the menu this past Family Day in Medicine Hat, Alberta at the Family Leisure Centre. Over 3000 people flocked to the Centre to enjoy a plethora of activities and festivities all in the name of family unity.

Family Day Fun Fest included host Leisure Centre services such as swimming and skating while the lobby was enveloped by games, tents and displays for the kids and adults to enjoy. The event, now in its third year, provided an opportunity for the public to access resources and professionals who are passionate about active living and healthy eating strategies. Family Fun Fest is a true collaborative effort between the City of Medicine Hat, Be Fit for Life Centre, Alberta Health Services and a local Family & Youth Services agency. This year, Communities ChooseWell representatives and the ‘Health Busters’ from the *Healthy U* campaign made an appearance.

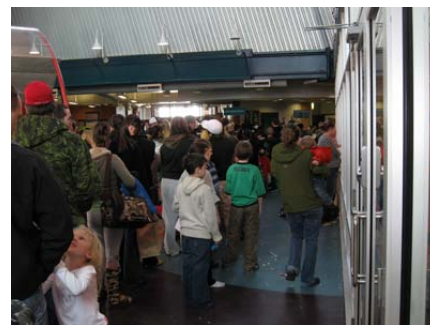
Family Day Fun Fest is a great way for families to engage in activities that are fun, educational and socially connecting. **Fun** really is the best way to encourage and promote a healthy lifestyle and as Health Promotion Facilitator Gordon Wright said: “Families that enjoy activities together are healthier and happier.”

By doing activities together, including meal preparation, it is easier to sustain a healthy living lifestyle within the home. Teamwork is the best way to achieve any goal.



One fantastic fact regarding **Family Fun Fest** is that it originated three years ago in celebration of its ChooseWell Award reception. In just a few short years this event has morphed from a small celebration into a truly grand event! Well done Medicine Hat!

For more information about **Family Day Fun Fest** contact Amy Risk at (780) 623-5542 or by email at befitforlife@mhc.ab.ca.



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