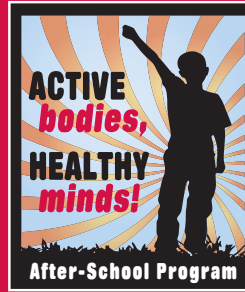


Our families talk back:

“My husband and I have four children. I was fortunate to have been able to be a stay-at-home mom for 15 years with our first three...Due to our schedules, we now have to have our last child in after-school care. Homework was rarely done before we picked her up in the evening and by the time dinner and dishes were out of the way, we were scrambling to get homework done before bed. **‘Active Bodies, Healthy Minds’** has been a God-send. (Our daughter’s) homework is completed each day and she has an hour of physical activity. Any work she now brings home is to share with us. The pressure is off and evenings are now stress-free; we are able to enjoy our evenings with her.”

“We’ve seen improvements in our daughter’s school work...her latest report card is a testament to the **‘Active Bodies, Healthy Minds’** program. In addition to the improvements in her school work, our daughter has also acquired new skills for sports and other activities. She skips up a storm, can hula-hoop and is learning to play basketball, volleyball and much more. Thanks to **‘Active Bodies, Healthy Minds’** we have more quality family time, a more peaceful household and our daughter is in an (after-school) environment that affords her a safe place to develop skills, learn and gain confidence. This program and the professionals working with our child are second-to-none.”



PROGRAM SITE:

St. Patrick’s Catholic School, Caledonia, ON
St. Stephen’s Catholic School, Cayuga, ON

TO REGISTER CONTACT:

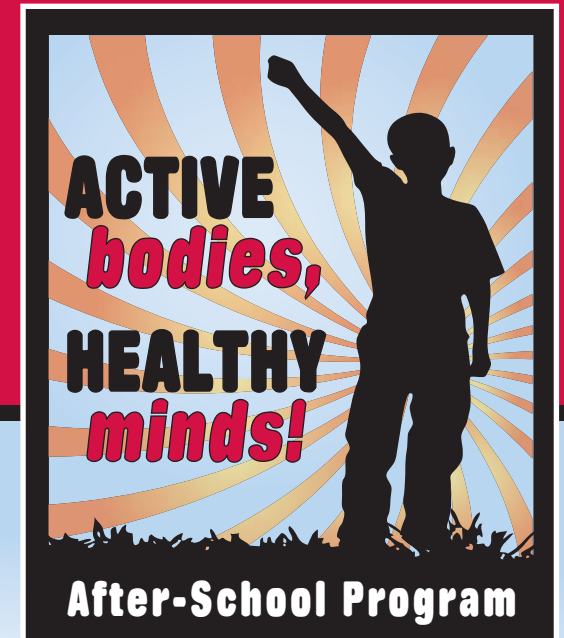
CYPRES Active Living Centre
11 Argyle St. N., Caledonia, ON N3W 1B6

905-765-0060

This program was launched in Caledonia through funding from the Ministry of Health Promotion’s ACTIVE 2010, Ontario’s Sport and Physical Activity Strategy.

Funding for the launch of this program in Cayuga was provided through the Ontario Trillium Foundation.

The provincial government recognizes the significant cost of preventable diseases to Ontarians and our health care system. ‘Active Bodies, Healthy Minds’ supports the government’s efforts to ensure Ontarians have the healthiest choices wherever they live, work, learn and play.



**Encouraging the Balance
of a Healthy, Active
Lifestyle and Enhanced
Academic Success**

Ages 6-12

St. Patrick’s Catholic School, Caledonia
St. Stephen’s Catholic School, Cayuga

For more information or to register
please call CYPRES Active Living Centre

905-765-0060

CYPRES Active Living Centre
is a program of the
Community Support Centre of Haldimand-Norfolk

ACTIVE *bodies...*

- ★ High quality, reliable, affordable after-school programming for youth ages 6-12 years
- ★ 3:00 p.m.- 6:00 p.m. daily
- ★ St. Patrick's Catholic School, Caledonia
St. Stephen's Catholic School, Cayuga
- ★ Walk Safe program from Centennial and River Heights Public Schools in Caledonia to St. Patrick's School; from J.L. Michener to St. Stephen's in Cayuga.
- ★ Nutritious snacks and nutrition information
- ★ One hour of physical activity, as recommended by Canada's Health Guide



HEALTHY *minds...*

- ★ One hour of tutoring/homework assistance with a focus on math, grammar and developing reading and writing comprehension
- ★ Develop and build upon social, physical and academic skills
- ★ Reinforce healthy lifestyle choices
- ★ Encourage good study habits
- ★ Small groups of students matched with qualified staff and volunteers



All youth must be pre-registered and pre-paid into the Program;



AFTER *school!*

Benefits include:

- ★ *Latch key alternative*
- ★ *Role models and peer mentoring*
- ★ *Improved physical fitness*
- ★ *Reduced absenteeism in school*
- ★ *Increased memory*
- ★ *Boost self-esteem*
- ★ *Confidence in sports and academics*
- ★ *Relaxation and reduced stress*

Cost is \$10 per day per youth

