

Free Family Take **T.I.M.E. Events**

Tobacco free, Injury free, Moving daily, Eating healthy



TAKETIMEUXBRIDGE.CA



Please visit taketimeuxbridge.ca or follow 'Uxbridge Recreation' on Facebook for all event information, dates and times.

CALLING LOCAL COMMUNITY GROUPS

Interested in hosting a FREE Family Take T.I.M.E Event? We want to hear from you! For more information or to fill out an event application please contact Rebecca Harman rharman@town.uxbridge.on.ca 905-852-7831

Funding for this initiative has been provided by the Ministry of Health and Long-Term Care under the Healthy Kids Community Challenge.


Through the Healthy Kids Community Challenge Grant, we can offer assistance for your event including:

- Advertising Support
- Facility Support
- Equipment Support
- Insurance Options
- Healthy Snacks
- Township staff assistance for your event
- Prizes

Please see page 15 for information about the Healthy Kids Community Challenge.

Stay Tuned for Upcoming Take TIME Events!

- FREE BOWLING
- SWIMMING
- FAMILY HIKES
- NUTRITION PROGRAMS
- MAP READING
- WAYFINDING GEOCACHING
- SPORTS NIGHTS
- SKATING
- AND MORE!

 Instagram: @uxrecreation

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