



Jumpstep for Teens

A physical activity and mental wellness program for teens!

Do you ever feel low-energy or low-mood? Do stress and worries impact your life? Is it difficult to motivate yourself to exercise?

Jumpstep for teens could be the program for you:

- 10-week mental wellness and physical activity program for teens 13-19 years old in School District 62. Held at the Westhills Y.
- Group discussion, learning and engaging physical activity sessions.
- Participants receive a FREE 12-week YMCA-YWCA Vancouver Island Membership.
- Teens have the opportunity to meet new people and have fun!

For more information or to register, contact us today!

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Building healthy
communities



Supported by the BC Physical Activity Strategy