

# XFN YOUTH WELLNESS WEDNESDAY

This is a program where Xatsūll First Nation Youth will learn about nutrition and the benefits of physical activities. All ages are welcome.

The dates for April are:

**MAY 7, 2025**  
**MAY 14, 2025**  
**MAY 21, 2025**  
**MAY 28, 2025**

**3:30 - 5:00 p.m.**  
at XFN Gym

For more information,  
contact Justin at  
[rtp@xatsull.com](mailto:rtp@xatsull.com)

