

# XFN YOUTH WELLNESS WEDNESDAY

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

The dates for June are:

**JUNE 4, 2025**

**JUNE 11, 2025**

**JUNE 18, 2025**

**JUNE 25, 2025**

**3:30 - 5:00 p.m.**

at XFN Gym

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

