

Physical and Health Education Canada

Healthy Schools • Healthy Children • Healthy Communities

Convener, Campaign Activator & Curriculum Resource Developer

- A recognized National leader and vital contributor in fostering achievement and health among Canadian children and youth.

At My Best

- Promoting **physical activity, healthy eating and emotional well-being**. AMB has touched over 20,000 classes and half a million (522,510) children.

Teach Resiliency

- A National online hub of quality evidence and school-based mental health resources and tools for professionals.

Healthy School Communities National Forum

(November 2-3 2017, Ottawa)

- Strengthening a National COP. Discover how school communities across Canada are enhancing the well-being and achievement of children and youth.



We envision a future wherein

... all children and youth in Canada live healthy, physically active lives.

@PHECanada
#HealthySchoolsMatter

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