



**Mosaic invites all community parents and children ages 1-5  
to join us for**



**Wiggle, Giggle and Munch is a fun active family program for parents and children together. Families enjoy time together playing games and engaging in physical activities as well as learning about and eating healthy snacks. Parents with preschool aged children are welcome to attend.**

**WHEN: Tuesdays, February 3-March 10 from 9:00-11:00  
am**

**WHERE: Frontenac School Family Centre at 866  
Autumnwood Drive. Please enter through the  
Family Centre doors on the left side of the  
school.**

**This drop-in program is *free*.**

**To register, please email Kyla at [kyla.hayes@lrsd.net](mailto:kyla.hayes@lrsd.net).**