

# Youth Training Opportunity in Health Promotion

Are you interested to learn  
what keep us healthy?



Do you want to volunteer to give  
back to your community?

Do you want to build your leadership  
skill in health promotion?

If **YES**, and you are ***between the age of 16 to 22***, join us for **six** sessions of *Holistic Health Training* to be delivered in **English**.

**Date:** Every Tuesday/Thursday, May 6 to May 22, 2014  
**Time:** 4:30pm to 6:30pm  
**Location:** 105 Gibson Centre, Room 101  
*105 Gibson Drive, Markham (Warden & Steeles Ave East)*

*(Volunteer hours will be given to all attendees)*

For more information, please contact [rchiu@hongfook.ca](mailto:rchiu@hongfook.ca).

[www.hongfook.ca/ignite](http://www.hongfook.ca/ignite)

**\*\*\* Target Communities: Cantonese, Mandarin, Vietnamese and Korean \*\*\***



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