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NEW WELLNESS GUIDE BRINGS NEW PROGRAMS FOR ALL AGES

Welland, ON - There are new programs popping up this fall at the Welland Community Wellness Complex (WCWC). All new and continuing programs can be found in the city's newly released fall/winter Wellness Guide. Program participants will continue to enjoy their favourite programs, but also have the opportunity to try something new. Staff are happy to announce that children's programming has expanded again to better accommodate a wide range of activities and interests.

The fall/winter Wellness Guide features Happy Healthy Kids and the importance of extra-curricular activities in relation to social and emotional independence. The city's Recreational Program Coordinator, Krista Bowie, is thrilled with the progression of child and youth programs. The new Wellness Guide offers 12 new programs and drop-in activities this fall.

"Child and youth programming has evolved considerably at the complex. Today's children are wonderfully unique and need to find a program that suits them," said Bowie. "We try to fill in all the gaps the best we can to have a list of programs to choose from that will challenge even our youngest members."

For more information on City of Welland Programs, how to register, and to view the fall/winter edition of the Wellness Guide visit welland.ca.

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