

FAMILY FITNESS FUN

Wednesday, September 24, 2025

FREE
• FAMILY-
FRIENDLY
• FUN

Celebrating **Wellness Week**

Location: Victoria Park,
Hamilton

Time: 5:30PM – 7:30PM

Bring the whole family for **fun castles, refreshments and active experiences!** Enjoy fitness games, group exercises and activities designed for all ages.

Why Join?



Fun Castles & Fun Experiences



Connect with Other Families



Stay active together



Build Healthy Habits for Kids

No registration required, just show up!



GOVERNMENT OF BERMUDA
Department of Health



www.gov.bm/wellnessweek2025