

## CPCC launches 30x30 Nature Challenge

Caledon Parent-Child Centre (CPCC) are challenging young families throughout Caledon to spend more time in nature and develop new healthy habits.

Inspired by the Ontario government and Ontario Parks as well as the David Suzuki Foundation's 30x30 Challenge, CPCC has decided to launch a CPCC 30x30 Nature Challenge. The CPCC challenge encourages young families with children aged six and younger to spend at least 30 minutes per day in nature for 30 days. The challenge began Aug. 1 and CPCC is helping make the challenge easy by sharing daily activities appropriate for very young children on CPCC social media sites each day. A complete list of ideas is available on the CPCC website. Participants in the daily challenges are encouraged to share photos of their adventures by emailing them to the CPCC at [ssargent@cp-cc.org](mailto:ssargent@cp-cc.org)

All photos received will be shared in the 30x30 album on the CPCC Facebook page.

Those who are interested in enjoying some quality time with family in Caledon's great outdoors can visit [www.cp-cc.org](http://www.cp-cc.org) to find out more about the CPCC 30x30 Nature Challenge. For adults of all ages or families with children that are older than six, activities and ideas for older children and adults can be obtained by visiting the Ontario Parks website at <http://bit.ly/2a5xNTt> or the David Suzuki 30x30 Challenge at <http://30x30.davidsuzuki.org/>