

Community Cares

FOCUS ON THE FAMILY

Family Dinner and Game Night

FREE - Program Series that provides FUN! family friendly activities and classes designed to help build relationship & community, increase skills, and promote health & wellness.

Series Registration Open NOW
Begins March 2025

Participate for your chance to
WIN a Family Fun Package worth
(\$1,000)



Enroll today or refer a family!



Educational series based on the 6 pillars of Lifestyle Medicine: Nutrition, physical activity, stress management, restorative sleep, social connection, & avoidance of risky substances. As well as the 8 dimensions of Wellness: Emotional, physical, occupational, social, spiritual, intellectual, environmental, & financial.

Sponsored by: Positively Linked

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Whidbey Community Foundation
Idex Health & Science