



I. HALE PHOTO

As part of the Kimberley doctors' "Healthy Kimberley Initiative", Dr Ilona Hale, along with UBC research student, Derin Karacabeyli (above) talked to some of the students at Selkirk last week about healthy eating and the Live 5210 message: 5 fruits and vegetables per day, no more than 2 hours of screen time, one hour of physical activity and zero sugar sweetened beverages