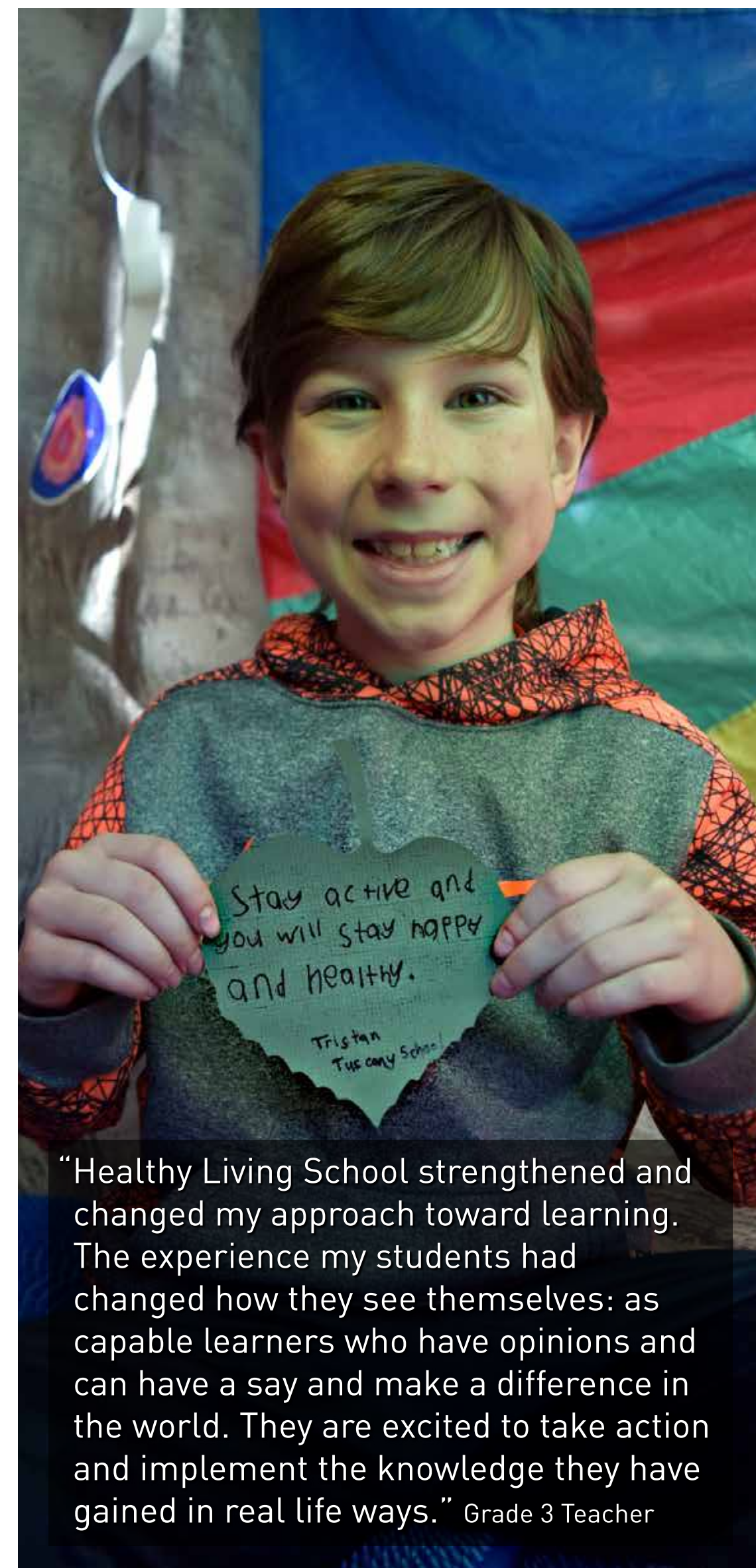
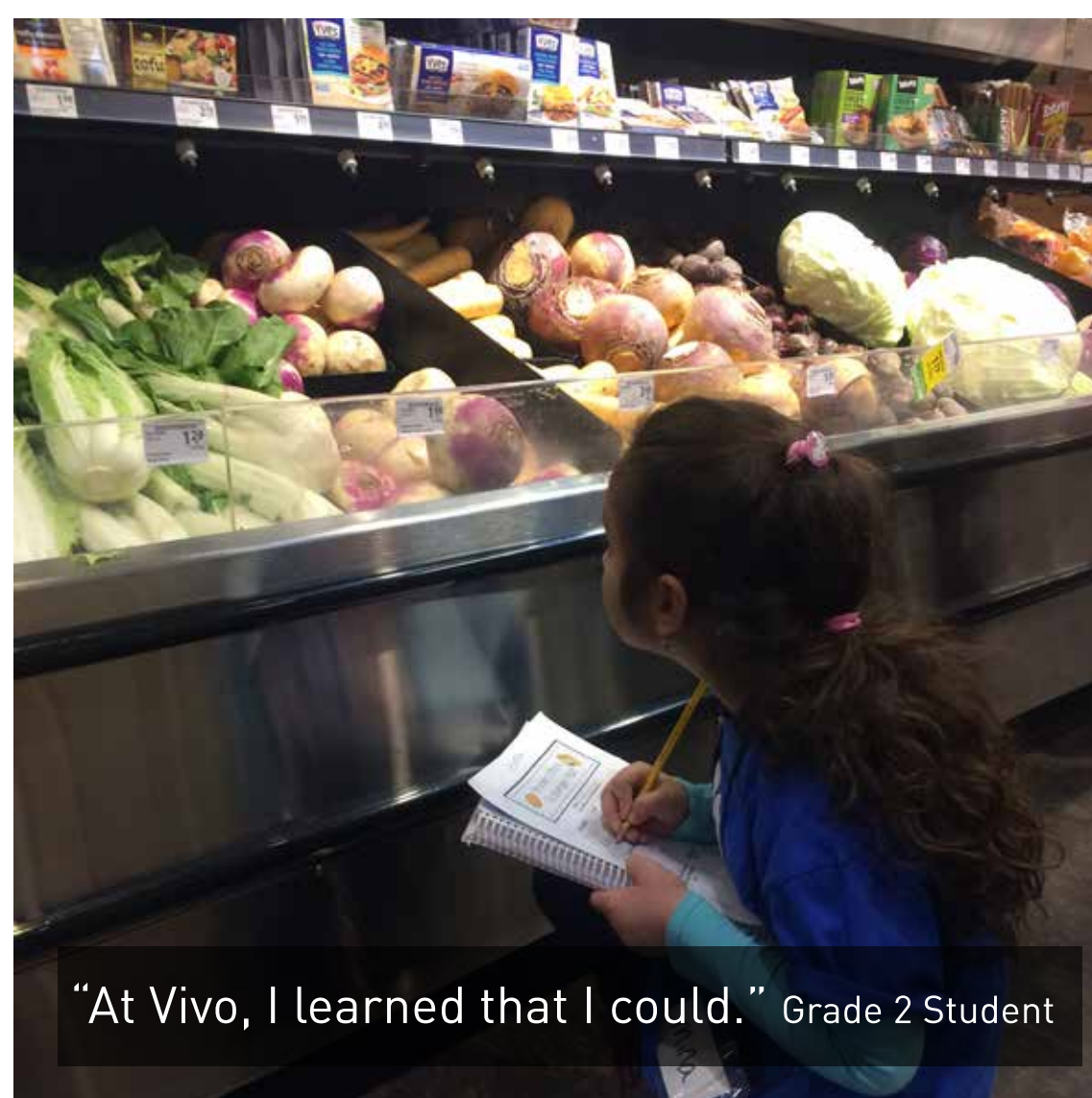




"I had a wonderful time at Vivo. Healthy Living School helped me release some anger that was inside of me. It let me throw it away. It let me know the good things in life." Grade 6 Student



"Healthy Living School strengthened and changed my approach toward learning. The experience my students had changed how they see themselves: as capable learners who have opinions and can have a say and make a difference in the world. They are excited to take action and implement the knowledge they have gained in real life ways." Grade 3 Teacher



"At Vivo, I learned that I could." Grade 2 Student



HEALTHY LIVING SCHOOL

VIVO FOR HEALTHIER GENERATIONS



25 years
1993 - 2018
learning beyond the classroom

Vivo is a charity on a mission to raise healthier generations in Calgary and beyond. Based out of a recreation center in north-central Calgary, Vivo works to inspire people from all walks of life to join Generation Healthy (Gen H), the movement that empowers individuals, families and communities to take responsibility for their own health by creating customized solutions to challenges they face.

A partnership between Vivo, Campus Calgary/Open Minds (CC/OM) and Cenovus Energy, Healthy Living School (HLS) engages students in weeklong experiences that strongly connect them to Gen H by exposing them to all aspects of holistic health. Since its inception in 2012, HLS has impacted more than 2,000 students from all over Calgary. Each week is highly personalized, encompassing a combination of active sessions, experiential and inquiry-based

activities, time with community experts and journaling. Students are encouraged to immerse themselves in the community at Vivo and form relationships with the diverse assemblage of people that encompass it. Another key focus of the program is centered around play and play-based learning, which effectively empowers students in becoming more confident, creative and connected to one another. Ultimately, students are able to gain an individualized understanding of what being healthy for life looks like for them and are equipped to create meaningful, positive changes and impact for themselves, their families and their communities.