

SHE'S GOT IT ALL: SKILL, COMPETITIVE DRIVE, AND THE HUGE DEMANDS OF FAMILY CARE.



The responsibility and expectations of helping to take care of family - whether it be siblings, parents, or children – frequently fall upon girls and women. This means they often put themselves second in getting the fun sports activity or exercise they really need. With sensitivity to this issue, family members can help them find time for healthy activities like pickleball – and help them bring their best to caring for others.

Let's change the game at yourrole.womenandsport.ca

Funded by the
Government
of Canada

Canada