



# October 1st-7th is *in motion* week!

## TAKE THE COUCH POTATO PLEDGE!

"I promise, to never again be a couch potato! And I promise from here on in, that I will live my life in motion! Physical activity - do it for life!"



[www.swarginmotion.com](http://www.swarginmotion.com)



Connect with your local recreation centre for more details on how to get *in motion*

## **LIFE AFTER FIFTY – WSC - 635 McEwan Ave**

## **IS GOING FOR A WALK!**

### **Wednesday, October 3, 2018**

### **11:00am – 12:00pm**

\*The walk will replace LAF Fitness \*