



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



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

Get *in motion* at the **12 O'Clock Walk in Essex**

Essex Public School
72 Brien Avenue East, Essex Centre
Wednesday October 3 at Noon