



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*

Town of Lakeshore's In Motion Community Walk

Wednesday, October 3rd at 10:00am

Stoney Point Park, 800 Comber Side Road

Registration begins at 9:45am (park pavilion)

Join us in support of being active for life!