



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*

12 O'CLOCK WALK FOR NATIONAL *IN MOTION* WEEK - WEDNESDAY, OCTOBER 3RD -

CITY OF WINDSOR LOCATIONS & TIMES:

Capri Pizzeria Recreation Complex (2555 Pulford) - Walk - 10:15AM-11:15AM;

Parks & Recreation Main Office (2450 McDougall) - Walk - 12:00PM;

WFCU Centre (8787 McHugh) - Walk - 12:00PM;

Ojibway Nature Centre (5200 Matchette Rd.) - Prairie Hike - 12:00PM;

Adventure Bay Indoor Water Park (401 Pitt St. W.) - Water Walking in the Lazy River - 12:00PM