



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*

IN MOTION WALK
WEDNESDAY, OCTOBER 3, 2018
LACASSE PARK, TECUMSEH
1:00 PM

HEALTHY SNACKS SPONSORED BY

