



Family *in motion* Day

Monday February 16, 2009

SAY "YES" to making memories by spending valuable time with your family and friends!

★ Enter to WIN Great Prizes! ★

Send us a short description and/or photo showing how you stayed "in motion" on Family Day.

For great ideas to get your family and friends physically active visit:

www.in-motion.ca

Enter by E-mail: inmotion@saskatoonhealthregion.ca or Fax: 655-8128 or Call: 655-3648

Name: _____ Address: _____

Phone #: _____ City/School: _____

I stayed active with my family/friends by: _____

Describe how you felt after being active together (what were the benefits) _____

"By participating in this event, permission is given to use your story and/or images for promotional purposes"

Entries must be received by **February 23, 2009**