

# Family *in motion* Day

Monday February 15, 2010

SAY "YES" and make Physical Activity  
your Family Day tradition!



Enter to **WIN** a Family Ski Adventure at Table Mountain!

Share your stories or photos of how you stayed "in motion" on Family Day

Enter by

**E-mail:** [inmotion@saskatoonhealthregion.ca](mailto:inmotion@saskatoonhealthregion.ca) **Fax:** 655-0939 **Phone:** 655-3648

**Include:** your name, address, phone number and "in motion" story!

*"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, 2010**

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

**[www.in-motion.ca](http://www.in-motion.ca)**

