

Fall...in motion 2012



Be part of the GINORMOUS DANCE PARTY & WALK on October 3rd

Our goal is to have everybody physically active

Join the *in motion*
Ambassadors on
October 3rd
at noon at the
River Landing
Amphitheatre



OR

Be physically active
for at least 30 minutes
on October 3rd

- ◆ On your own
- ◆ With friends
- ◆ At school
- ◆ At work

TO WIN PRIZES, submit your October 3rd activity
and declare to stay active throughout the FALL

Make it Count

www.in-motion.ca

or call 655-3648

Submission deadline is October 24th

Great Prizes

- * Elliptical Trainer
- * Cardio Bike

- * DJ dance extravaganza
- * And Much MORE!

THANKS TO OUR SPONSORS AND SUPPORTERS

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