



FREE

" Family Recreation Night "

Everyone is invited to get "in motion" with *Seven Oaks Healthy Living* this winter! All ages are welcome to join in the Open Gym times on the schedule below (equipment provided).

All activities are offered FREE of charge

Day	Location	Time Slot	Activity
Thursdays	Elwick School	6 p.m. – 8 p.m.	Open Gym (all ages)
<i>Starting October 3rd!</i>	30 Maberley Road	<i>Students may not attend without parents!!</i>	<i>Adults Welcome!</i>

Join us for Skating at Elwick from 4 – 6pm on Tuesdays and Thursdays. Starting in January!
Participation incentives

For more information call 204-223-3499

FREE SNACKS AND NUTRITION INFORMATION EVERY WEEK.