



# JOIN US FOR Move for Health Day

Try out a variety of activities to find the ones you love to gain a better quality of life.

**May 10th 9:00AM-4:00PM**

## MOVE for HEALTH Day Schedule @ Killarney Community Centre

|                 |  |
|-----------------|--|
| 9:00am-11:00am  | <b>KIDS ON THE MOVE</b><br>A series of different movement based activities;<br>Race Track Drifting, Obstacle Course, Bouncy Castle Bonanza |
| 11:30am-12:45pm | <b>YOUTH &amp; SENIORS</b><br>An introduction to Floor Curling   |
| 1:00pm-1:30pm   | <b>ADULTS &amp; SENIORS</b><br>Chair Yoga w/ Karla   |
| 1:30pm-2:00pm   | Brain Training Cognitive w/ Karla  |
| 2:00pm-2:30pm   | Dancefit w/ Nahid  |
| 2:30pm-3:00pm   | Planes w/ Nahid  |
| 3:00pm-4:00pm   | <b>YOUTH ON THE MOVE</b><br>A series of different sport based activities   |

Drop-in to the 1/3 Gym for Move for Health Day, an international event created in 2002 by the World Health Organization to promote physical activity.

All Participants can place their name into a draw for some fabulous prizes.  
**SEE YOU THERE!**

