



Activate your Commute - to work, school and around your neighbourhood

Winnipeg *in motion* will discuss walking and cycling to work, school and in and around your neighbourhood as the perfect way to combine regular physical activity with your busy schedule.

Learn tips on how to stay safe while walking and cycling in Winnipeg. Deanna and Kristine will help you choose a route - safe, scenic or direct. Come and check out the latest equipment to make getting around easier and more enjoyable.

Admission is FREE of charge and registration is not required. For more information, please contact Winnipeg *in motion* at 940-3648.

 **in motion**[™]
Physical Activity - do it for life!
www.winnipeginmotion.ca

When:

**Saturday, April 25, 2009
1:30 pm to 2:30 pm**

Where:

**Louis Riel Library
1168 Dakota St.**

