



Winnipeg's Winter Wonderland...so many options

As the mercury plunges and the snow piles high, your first instinct may be to hibernate until spring. Get up off the couch, put down the remote and discover the real potential of Winnipeg's winter.

Join Winnipeg *in motion* and Greg Rubell of Mountain Equipment Co-op to learn how to turn the long winter months into an opportunity for family fun! Greg will share his knowledge of all things winter - snow shoes, ice traction gear, walking/hiking poles and comfortable winter clothes. We will also share the hidden secrets of where to be active throughout the city.

The session will be held on Friday, January 23, 2009 from 12:10-12:50 p.m. in the Carol Shields Auditorium, 2nd floor at the Millennium Library. Admission is FREE and registration is NOT required.

For more information, contact Winnipeg *in motion* at 940-3648 or visit winnipeginmotion.ca.



Physical Activity - do it for life!

winnipeginmotion.ca

When: Friday, January 23, 2009
12:10 pm to 12:50 pm

Where: Millennium Library
Carol Shields Auditorium

