



Getting "in motion" Safely!

Do you have an injury that is keeping you from being "in motion"? Are you afraid of injuring yourself while exercising? Or are you interested in staying safe while being active this summer?

Join Winnipeg *in motion* and athletic therapist Christine Johnston of **Balance Chiropractic & Wellness Centre** to find out how to prevent injuries and to learn how to exercise safely.

Christine will walk you through a sample warm up and cool down; how to stretch, when to apply pressure, ice or heat and when to seek professional advice.

Admission is FREE, all are welcome and registration is NOT required.

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



When: Friday, May 21, 2010
12:10 pm to 12:50 pm

Where: Millennium Library 2nd floor
Carol Shields Auditorium

