



Cubicle Aerobics - Adding activity into your workday!

Are you looking for a fun way to add physical activity into your work day?

Join Winnipeg ***in motion*** and Lisa Scharf from the Heart and Stroke Foundation of Manitoba to learn creative ways to incorporate physical activity into your work day.

Wear comfortable clothing and join in the activities, or just come and watch. Admission is FREE of charge and registration is not required.

This session is offered by Winnipeg ***in motion***. For more information, please contact Winnipeg ***in motion*** at 940-3648.

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

When:

**Friday, February 27, 2009
12:10 pm to 12:50 pm**

Where:

**Millennium Library
Carol Shields Auditorium**

