

Zoomers in motion

**FREE
EVENT**

Try Physical Activities designed for
Women 55-70+

GRANDPARENTS DAY
September 12th, 2010

10:00am-5:00pm
Devonshire Mall (Windsor)

Join us for fun, interactive
demonstrations including:

Line Dancing

Pickle Ball

Polynesian Dance

Urban Poling

Yoga

Zumba Gold

...and more!

**Enter to
WIN a
Wii**

For more information call 519-776-5933 X3100 or visit:

www.swontarioinmotion.ca



Canadian Association
for the Advancement
of Women and Sport
and Physical Activity
Association canadienne
pour l'avancement
des femmes du sport et
de l'activité physique



in motion
Physical Activity - do it for life!



Unité de Santé
de Windsor - comitè d'États
WINDSOR - ESSEX - LEAMINGTON
www.healthunit.org



University of Windsor



Investing
in people
MULTICULTURAL COUNCIL
OF WINDSOR AND ESSEX COUNTY



devonshire mall



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