

Start Spring off right with Healthy Eating & Healthy Physical Activity



FREE

Come to the Healthy Living Fun Fair

Sample free food and learn about fun fitness ideas for you and your family.
Take home tasty recipes for affordable, healthy meals.
Get new ideas for managing your health.

Where: Wilfrid Jury Public School
950 Lawson Road
When Saturday, March 29, 2014
Time: 11:00am- 4:00pm



FREE TRANSPORTATION will be provided at the following locations:

- (1) South London Neighbourhood Resource Centre
- (2) Glen Cairn Community Resource Centre
- (3) Westmount Family Centre
- (4) Carling-Thames Family Centre

Prizes, fun activities and more! Bring the whole family!



**Stand up
to Diabetes**



For more information
please contact
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