

WELLNESS WEEK

OCTOBER 1-6

JOIN THE *wellness* MOVEMENT

All participants have a chance to win a 10-punch card!*

FREE EVENTS

Tuesday, Oct. 1	6:00-9:00 pm	Rec Badminton*
*Organized by the Woodstock Badminton Club and MACC - Woodstock		
Wednesday, Oct. 2	10:00-11:30 am	Jumping Beans*
*Implemented by the Valley Family Resource Centre		
Thursday, Oct. 3	6:30-8:00 pm	Boxing Fitness Class
Friday, Oct. 4	6:00-8:00 pm	Field House Walk-ins
Saturday, Oct. 5	3:30-5:00 pm	Public Skate
Sunday, Oct. 6	2:30-4:00 pm	Public Swim*

*Sponsored by Highlift Auto

AUR Motor Centre

105 CONNELL PARK ROAD | 506 325 4671

Draw for the punch card will be made
October 9th!



www.wellnessnb.ca

