

# ACTIVE IS COMMUNITY



ACTIVE IS EASY ACTIVE IS FUN ACTIVE IS HEALTHY ACTIVE IS HAPPY ACTIVE IS FREE  
SOCIAL ACTIVE IS FAST ACTIVE IS COMMUNITY ACTIVE IS EVERYDAY ACTIVE IS EASY  
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## ACTIVE IS:

### AGASSIZ ALL INCLUSIVE

Get active by attending this FREE informational fair...

find out ways to be active at little or no cost - there are plenty of activities to choose from - learn about all the accessible opportunities to become active in your own community

Saturday, January 30th, 2010

10 am - 3 pm

- Free weight room orientation at 10:00 am
- Free drop in admission
- Free child minding available with snacks & crafts
- Healthy refreshments
- Prize draws
- Community Displays

Everybody Active is a joint initiative of the BC Recreation & Parks Association & the Heart & Stroke Foundation of BC & Yukon.

Funding is provided by the BC Healthy Living Alliance, with support from ActNow BC.

Event @ the District of Kent Fitness/Activity Centre,  
6660 Pioneer Avenue, Agassiz

Contact the Fitness/Activity Centre for more information  
604-796-8891



The Observer

ACTIVE IS  
WHAT YOU  
MAKE IT