



# Fall Health and Wellness Workshop

Royal Distributing Athletic Performance Centre  
on Marden Rd.  
(west of Highway 6 on the north side of Marden Rd.)

Cost: \$5.00 in advance

Light refreshments served

Wednesday, November 2, 2016

*8:30 a.m. to 12:00 noon*

*Enjoy*  
**Good Health**

- Keynote Speaker: Nancy Revie, Certified senior fitness instructor
- Best Doctors
- Canada 211

**PLEASE BRING INDOOR WALKING SHOES FOR THE TRACK  
AND A REFILLABLE DRINKING CUP/BOTTLE.**

**Detach and send by October 20, 2016 to:**

Mike Curtis, Treasurer

9450 Copeland Path, RR#2 Erin, ON N0B 1T0 905-877-4134

---

## **RTO/ERO DISTRICT 31 HEALTH AND WELLNESS WORKSHOP**

Wednesday, November 2, 2016

PLEASE RSVP by October 20, 2016.

Please make reservations for: \_\_\_\_\_.

Enclosed is a cheque payable to RTO/ERO District 31 in the amount of \$\_\_\_\_\_ (\$5 per person).

