

Public Service Announcement

June 04, 2014

City of Edmonton

Celebrate National Health and Fitness Day with family-focused activities

Ensure an active start to your children's lives by celebrating healthy living and family fitness with Londonderry and Mill Woods recreation centres.

Date: Saturday, June 7, 2014

Time: Noon to 4 p.m.

Locations:

Londonderry Leisure Centre, 14528 66 Street NW

Mill Woods Recreation Centre, 7207 28 Avenue NW



Visitors celebrating *National Health and Fitness Day* can enjoy free admission to the Londonderry and Mill Woods fitness centres and pools, as well as free yoga, hip hop and total body blast classes.

National Health and Fitness Day arose from the Vancouver 2010 Olympics as a project to capture the spirit of the games and to promote healthy and fitness-focused lifestyles.

For more information:

Call 311 or visit edmonton.ca/RecEvents

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