

# **WANT TO GET HEALTHIER? GET IN SHAPE?**

**JOIN THE ADI PROGRAM**

**MONDAYS AND WEDNESDAY**

**4:00 P.M. - 6:00 P.M.**

**AT THE GYM LOCATED BY THE BAND OFFICE**



**FOR MORE INFORMATION PLEASE CALL  
LEONA PEEKEEKOOT AT THE HEALTH CENTRE  
(306) 468-2747**

**WATER AND SNACKS PROVIDED.**