

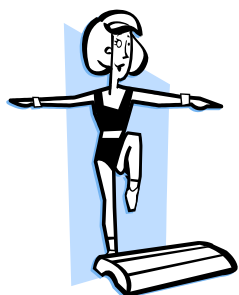
# Join us in celebrating Wellness Week October 1<sup>st</sup> -7<sup>th</sup>

In Miramichi, we will be launching Wellness Week with the raising of the *in motion* Flag with our Mayor Gerry Cormier and our *in motion* Ambassador Dr. Mike Dickinson

When: October 1<sup>st</sup>, 12-1pm

Where: Newcastle Town Square

What: Flag Raising followed by a fitness activity lead by Tobi Desveaux



## What is *in motion*?

*In motion* is a health promotion strategy, which uses physical activity and healthy eating as a means to improving the health of New Brunswick communities. *In motion* is being rolled out in Miramichi with a team of partners from all areas of Wellness including Mango, Community Wellness and Recreation, Department of Wellness, Culture and Sport, the hospital, School District 16 and community members. For more information, contact Mango at 627-7562.

