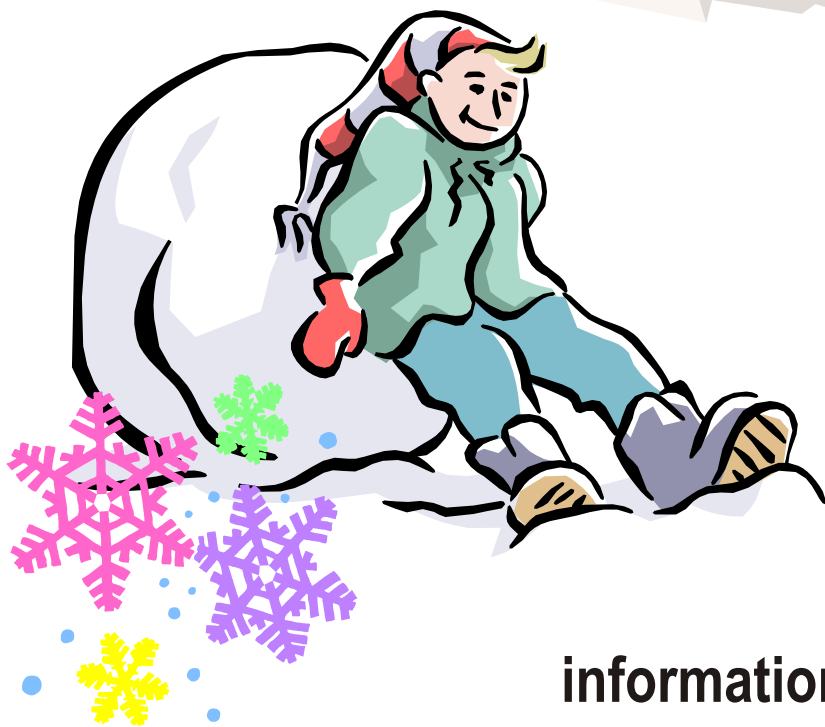


# WINTERACTIVE

**Be active  
outside  
and enjoy  
nature's  
gym.**



**Be active  
everyday  
in February**

**contact us for more  
information on how to be active...**

 Leeds, Grenville & Lanark District  
**HEALTH UNIT**

**345-5685 or  
1-800-660-5853  
[www.healthunit.org](http://www.healthunit.org)**