




COME JOIN US | JANUARY 29, 2004 @ 7:00 P.M.

Everyone is Welcome!

kick off to fitness

with John Stanton
@ Older Adult Centre

Meet John Stanton! President and Founder of Running Room and innovator of the 10 & 1 training programs. John is a best selling author of two books *Running Start to Finish* and the *Runners Lifestyle Log*. John will be giving a motivational talk as well as answering any questions you may have on walking or running – from fitness walking to marathon running. Join us for a walk and run after the talk followed by light refreshments.

	140 DURHAM STREET	705.522.5251
	SUDBURY, ON	