

spring forward

If you're like most people, you've probably been in hibernation mode throughout the winter. Now that spring has sprung, why not shed some layers and start to explore all that the outdoors has to offer. That can mean a short walk around your neighbourhood, or a longer "hike" on one of your favourite city or country trails. Plan a bike ride, go rollerblading or take your yoga mat outside. Getting reacquainted with nature is a great stress reliever and one of the easiest things you can do to awaken your mind and recharge your batteries.



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Before starting a regular program of physical activity, check with your doctor to make sure you're ready to get active again.

April

sunday	monday	tuesday	wednesday	thursday	friday	saturday
March 2010 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	May 2010 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29				1	2
	4	5	6	7	8	9
EASTER SUNDAY	EASTER MONDAY	SENIOR'S DAY – ZELLERS & THE BAY	WORLD HEALTH DAY		GOOD FRIDAY	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
				EARTH DAY		
25	26	27	28	29	30	



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