

Join us for a day of MUSIC, MOVEMENT AND PLENTY OF FUN!



Ever wanted to try wheelchair dancing? How about chair yoga? All abilities are welcome!



Red River



**CEREBRAL PALSY
ASSOCIATION
OF MANITOBA**

Here is a way to do both.
There will be teachers to help everyone.

CPMB is hosting a Red River Co-op Day of Movement.
MUSIC, MOVEMENT AND PLENTY OF FUN.

WHEN? Saturday, September 26, 12 noon to 4 p.m.

WHERE? Rainbow Stage Parking Lot, Kildonan Park
(Check out your enclosed map).

RAIN DAY - If it rains on September 26, please come
the next Saturday, October third instead

WHAT DO YOU NEED TO BRING?

Water or your own bottle.

Warm clothing. Dress in layers.

You can take off a layer as you warm up from dancing.

BRING ALONG PLENTY OF ENERGY. IT'S A DAY OF MOVEMENT.

BRING A SUPPORT WORKER OR FAMILY MEMBER, IF YOU NEED HELP.

**THERE IS AN ACCESSIBLE WASHROOM ACROSS THE PARKING LOT.
WE CAN DIRECT YOU.**

NO CHARGE BUT PLEASE LET US KNOW IF YOU'RE COMING.

MAXIMUM: 40 PEOPLE, NOT INCLUDING WORKERS.

RSVP BY MONDAY, SEPTEMBER 21.

EMAIL bikerace@cerebralpalsy.mb.ca OR gemmabrooks@shaw.ca

CALL 204-899-4052



HEALTHY SNACKS WILL BE AVAILABLE.

**SOCIAL DISTANCING AND COVID
PROTOCOLS WILL BE IN EFFECT.**