

Physical  
Activity  
JOIN IN!

WWW.JOININNORTHUMBERLAND.CA

Be active for 60 minutes a day • Keep your body moving  
Start off with 10 minute blocks  
(Children & Youth require 90 minutes a day)

# RING IN TO JOIN IN NOV. 19, 2011 - 7:00PM

## JACK BURGER SPORTS COMPLEX, 60 HIGHLAND DR., PORT HOPE



Join us on November 19<sup>th</sup> at the Port Hope Panthers home game at 7pm when they challenge the Campbellford Rebels. All children and youth who attend the game wearing their favorite sports jersey will receive free admission and the first 130 will receive a free **JoinInNorthumberland.ca** cow bell to help cheer on the home team Panthers! More giveaways and prizes to be awarded during the game.

The cow bells are part of the **JoinInNorthumberland.ca** physical activity program, aimed at encouraging Port Hope residents of all ages to stay active. Visit the **Join In Northumberland** website ([www.joininnorthumberland.ca](http://www.joininnorthumberland.ca)) for more information.

Encouraging Everyone to Join In!



Department of  
Parks,  
Recreation  
and Culture

