

14 Wing Family Snowshoe and Sleigh Ride Day

2012 has arrived, and with it our community will see the return of the fifth annual 14 Wing Wellness Campaign. The ongoing campaign is based on the idea that a healthy community is a happy community, and a happy community is a supportive community for our troops.

The 14 Wing Community Centre and GMFRC will once again be partnering to offer a day of snowshoe bliss on Friday January 27th, at the 14 Wing Greenwood Golf Course. This event is a challenge to all Military and Defence Team members to get active, and enjoy the afternoon with their families. The event is offered from 3:30pm-5:30pm and is only designed for all military members, their families, and valid Recreation Card holders.

This event is also a “Take the Roof off Winter” celebration. According to Recreation Nova Scotia, “Take the Roof off Winter” is a physically activity campaign designed to help Nova Scotians of all ages improve their health and quality of life by getting outdoors and being more active this winter. To learn more about this winter campaign, please visit www.taketheroofoffwinter.ca

As mentioned, this fifth annual Family Snowshoe Day is an event designed for the entire family. We have snowshoes to fit any size foot, big or small. Plus, there will also be a Kid Zone where your child can enjoy a face painting, crosswords, etc. Please note that the Kid Zone is **not a child care service**, and children can not be dropped off and left unsupervised.

This event will once again be in partnership with the GMFRC who will provide sleigh rides and hot drinks for all families during 3:30 – 5:30pm. These sleigh rides will depart from the 14 Wing Golf course and allow the opportunity for all families to enjoy a sleigh ride before, after or while waiting for your chance to hit the links in snowshoes. If you would like to bring your own snowshoes, cross country skis, Nordic walking poles, etc you can. Plus, prizes can be won along the course and additional prizes will be handed out back in the club house.

So make sure you mark the fifth annual 14 Wing Family Snowshoe and Sleigh Ride Day on your calendars! This event is a great way to “Take the Roof off Winter” and kick start 2012 with physical activity for the entire family. For more information, please call 765-1494 ext. 5337 or ext 1421.

