



# Food for Fitness Campaign

This holiday season the NESA Fitness Centre is teaming up with the Outreach Department in efforts to help ensure no senior goes hungry! We are asking for your donations of any non-expired, sealed and labelled food items. Here are some specific items on the Outreach Wish-List:

**Chunky Soup. Low-Sodium Canned Vegetables, or Ensure/Boost**



**Canned Tuna, Rice, Pasta Sauce or Oatmeal**



We are collecting food donations in the fitness centre or at the front desk for the month of December and early January. As way of saying thank you for your food donations, we are offering a **free** entry to our 'Gift of Fitmas' contest where you will be entered to win the below fitness centre package giveaway



Form for Fitness Centre Pass (10 visits) with fields for Name, Informal Consent Form Complete ( ), and a grid of 10 numbered boxes (1-10) for tracking visits. Includes fields for Expires and Staff/Volunteer Initials.

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(Package includes two 10-visit fitness centre passes, a NESA t-shirt, water bottle, glider discs, a resistance band and a stability ball!).

\*Package worth over \$200.00!\*

**This campaign ends on January 12, 2023**

**Winner to be announced on January 13, 2023**

Please see Fitness Centre Volunteers or Staff for more information!

**Thank you for supporting The North Edmonton Seniors Association and the seniors in our community!**

