

Together we move!

Getting active and feeling good is for everyone.



PRESENTED BY



Event

Park Run, Walk & Wheel Challenge

(Walk & Talk, 1 Km, 3 Km & 5 km)

Valley Action BBQ

Location

Centennial Park

Date

Friday, June 7th

Time

11:00 am - 1:00 pm



Help our community
be named Canada's Most Active
and win \$100,000!



- ✓ Track your activity.
- ✓ Win awesome prizes.
- ✓ Support your community.