



Active Edmonton EVENT INFORMATION

Calling all Edmontonians! We need your Participation!

Special Event: Active Edmonton's Winter Walk Day Event
When: Wednesday, Feb. 11, 2009
Time: 12:10 – 12:50 pm

Meeting place: Don Wheaton Downtown YMCA (lobby)
10211-102 A Ave

Event Details: Get up, Get out, and Get Active on Winter Walk Day! Join Active Edmonton and Be Fit for Life at the YMCA and COUNT yourself IN.

2 Walking Routes planned!

1. Outside walking route (for the real Canadians)
2. Indoor walking route (for fair-weather walkers).

Gear up appropriately. Bring your water-bottle, walking shoes, and comfortable clothing.

Cost: FREE!
Give-Away: All Walkers will receive a 3-visit YMCA Pass That can be picked up at this event.

Enter to win! All Walkers eligible for great Door prizes!

For more information OR to register contact:
Dot.laing@edmonton.ca
780- 496-1144
www.activedmonton.ca

