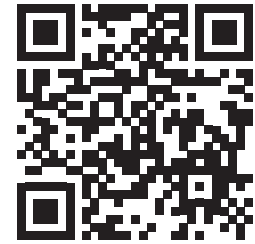


Calling all girls!

SCAN TO REGISTER*



dream big. live big.

GRADE 6
GRADE 7
GRADE 8



Are you up for a challenge?

Join our **free** 12 week program to learn about the power of goal setting and challenge yourself to train for and complete a 5k run. Our amazing coaches will be there to support you through this incredible journey. All who identify as girls are welcome, you don't need to be a runner to join.

- ✓ Weekly sessions with healthy snacks
- ✓ Attend fun events (transportation incl)
- ✓ Earn a new pair of running shoes
- ✓ Become more active & make friends!

Recreation Centre	Day	Time
Riverdale	Wednesday	6 - 7:30 p.m.
Sir Winston Churchill	Tuesday	6 - 7:30 p.m.
Sir Wilfred Laurier	Thursday	6 - 7:30 p.m.
Bennetto	Wednesday	6 - 7:30 p.m.
Westmount	Thursday	6 - 7:30 p.m.
Bernie Morelli	Thursday	6 - 7:30 p.m.
BGC-Ellis Ave	Wednesday	6 - 7:30 p.m.
Norman Pinky Lewis	Tuesday	6 - 7:30 p.m.
Eva Rothwell Centre	Tuesday	6 - 7:30 p.m.
Central Memorial	Wednesday	6 - 7:30 p.m.

Visit fitactivebeautiful.ca for more information on FAB

*Or text your name & address to 905-570-2243 to have a paper application mailed to you

2024 FAB 5k
Challenge Program

REGISTER TODAY!