

186 Mile Walk Challenge

Distance from Moosonee to Cochrane

Feb 21 to April 4, 2014

Join the fun community walk. Take your walking pedometer with you & walk 186 miles.

Family Walk/Relay Walk

Individual /Couple Walk

Pedometers provided to all participants

When /where can I walk?

- During the week going to school
- Don't drive, walk to work
- While visiting friends
- Going to the store & while shopping
- Take your dog for a walk
- Even walking around your home or at work

What's a Relay Walk?

If you have mobility issues, share your walking pedometer with a friend or family member so you may all join the Family Walk

Registration deadline Feb 20, 2014

To register, or for more information contact:

MOOSONEE

John Reuben
Urban Aboriginal Healthy Lifestyle Worker, (705) 336-0923
Timmins Native Friendship Centre—Moosonee Office

MOOSE FACTORY

Harley Weistche
Diabetes Prevention Worker (705) 658 -4220
Thomas Jolly Jr.
Community Health Representative (705) 658-4220
Moose Cree First Nation— Health Centre
Stephanie Conrad
Clinical Dietician and Diabetes Dietician (705) 658-4544 ext 2306
Weeneebayko Area Health Authority



PRIZES

Family Category:
ONR Train Return Tickets (family package)

Individual/Couple Category:
2 ONR return Train Tickets

Sponsored by:

