



York West Active Living Centre

Walk-a-thon

Saturday October 5, 2019

Starting at 9:00am

The Stay Active, Be Fit, Live Well Walk-a-thon is an event that raises money for YWALC. The walk-a-thon highlights physical activity and community spirit, and we know that YWALC members have lots of community spirit.

All the money raised by our members and their friends comes directly back to the centre.

Registration forms will be available at the reception desk.

Participants will be walking or running 2 km or 5 km.

If you are unable to walk with us you can always sponsor a walker or volunteer to support on the day.

Let's do this! Let's get fit and let's showcase YWALC team spirit together!

