



# York West Active Living Centre Presents the 3rd Annual Stay Active, Be Fit, Live Well Walk-a-thon

The YWALC Stay Active, Be Fit, Live Well Walk-a-thon brings our Centre and community partners together in a celebration of physical activity and community spirit. It is a community event with participants who walk or run and raise money for our Centre by collecting pledges. Last year we raised over \$4,000 in support of YWALC.

The Walk-a-thon takes place on Saturday October 13, 2018. Runners and walkers of all ages and abilities participate in their event of choice - 2k fun walk, 5k walk or 5k run. More than a dozen YWALC members and staff have been preparing for the event. YWALC will have an enthusiastic team at the Challenge.

Funds raised from the Walk-a-thon go directly to support our programs and services at York West Active Living Centre, including recreation and leisure programs, health and wellness services and social transportation.

Pledge your support to a registered Walk-a-thon participant of the YWALC team. Any pledges over \$20.00 can opt to receive a donation receipt.

Starting Monday September 17, 2018 and every day until the Walk-a-thon each program will have a bright orange donation bag dropped off to their room. Please put any pocket change that you can spare into the bag. After the Walk-a-thon the program with the largest pocket change donation will win a prize for each of the program participants.

## What can you do???

**Register at YWALC to participate in the Walk-a-thon.  
Pledge to sponsor a member of the YWALC team on October 13!!  
Above all ... Stay Active, Be Fit, Live Well! !!**

