



PREGNANCY & FAMILY CARE CENTRE



# WALK/RUN 2013

**SATURDAY, SEPTEMBER 21ST, 2013**

**5km run, 2km run or 2km walk**

**PRIZES AWARDED! FOOD AND REFRESHMENTS PROVIDED!**



CITY HALL - MARKET SQUARE  
169 FRONT ST., BELLEVILLE



- **Registration at 9:30am, Walk/Run at 10:00am**
- **Registration fee \$20 or a waived fee if over \$50 in pledges**
- **Children under 12 free. (T-shirt \$10)**
- **Prizes - 1st place male/female 5km/2km run**
  - **Oldest and youngest participant**
  - **Highest pledged participant**
- **Pledge sheets available at the Centre or by email**

**Pre- Register by September 3rd and receive a Journey of Life T-Shirt!**

TO REGISTER CALL (613-969-7866) OR EMAIL THE PREGNANCY AND FAMILY CARE CENTRE AT:

**bellevillepregnancyandfamilycare@kos.net**