



EVERY KM COUNTS

FREE
T-SHIRT
with registration

Walk, Roll or Cycle

September 24 - October 1, 2022

Choose How You Participate:

In-Person

Saturday, October 1
Purple Woods Conservation Area

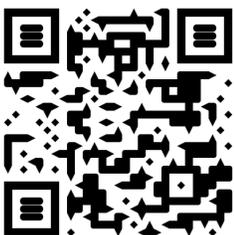
Walk/Roll: 1.5KM, 3KM or 6KM
Cycle: 65KM or 130KM

Virtually

Anywhere, any time, any distance
throughout the 8 Days of Wellness

Get creative: use your favourite
fitness app to track movement

Prizes & Fundraising Incentives



Community Care Durham provides support services for individuals, who have needs related to aging, physical, and or mental health, and those caring for them. For 45 years, we have been helping residents throughout Durham Region live safely and independently wherever they call home.

communitycaredurham.on.ca/kmsforccd