

Physical Activity
Centre of Excellence



CARDIAC HEALTH
FOUNDATION OF CANADA

Prevention, Education & Cardiac Rehabilitation



WALK OF LIFE®

IN SUPPORT OF:
THE MCMASTER CARDIAC REHABILITATION
PROGRAM & THE MCMASTER SENIORS
EXERCISE AND WELLNESS PROGRAM

1 or 5 km Family Walk
Saturday May 24, 2014
9:00 am to 12:00 pm

**WALK OF LIFE FOR CARDIAC REHABILITATION
10th ANNIVERSARY
McMaster University**

Saturday May 24, 2014

The Walk of Life is a National event run through the Cardiac Health Foundation of Canada. Over 40 cardiac rehabilitation programs host the event across Canada. Join us for a 1km to 5km walk around the McMaster University campus on Saturday May 24, 2014 at 10:00 a.m.

Our walk is open to all members of the McMaster and local community, our program participants, and family and friends of the Physical Activity Centre of Excellence (PACE). Proceeds support two programs within the PACE: the McMaster Cardiac Rehabilitation Program and the MacSenior Exercise and Wellness Program, in the Department of Kinesiology.

Want to walk with us?

- ♥ Registration is at 9a.m. in front of the Museum, between The Student Centre and Mills Library.
- ♥ Complimentary BBQ and refreshments supplied by **Turtle Jack's and Boston Pizza**
- ♥ Draws for over 30 great prizes donated by local restaurants and businesses.
- ♥ Drop by the Physical Activity Centre of Excellence for a registration form.
- ♥ If you can't walk with us, why not come out and cheer us on!

***For more information on the Walk of Life,
please call (905) 525-9140 ext. 24877***

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