



You love to laugh, have fun and chat with your friends while staying in shape?

# 15 Kms Walk against childhood cancer

- When      Saturday, June 19<sup>th</sup>, 2010
- Where     Community Centre in St-Albert
- Time      7:30 am for the warm-up, Departure at 8:00

Departure from the Community Centre in St-Albert, going towards the Cheese Factory road all the way to the end and then turn right on County Road # 13 towards Chrysler. Cross Queen Street and then turn right on 4<sup>th</sup> Street, and right again on 1<sup>st</sup> Street to the Flood Zone Bar. Take a break if you need it and then return back the same way to the St-Albert Community Centre. Upon our return, we will be offering a free BBQ to all of the participants as a thank you.

Please join us in participating in this wonderful healthy walk and let's do our part in helping to advance research against child cancer.

For more information or to join:

Telephone Nancy at 613-858-7713 or preferably by email at

[nancycd.marykay@sympatico.ca](mailto:nancycd.marykay@sympatico.ca)

Organized by the St-Albert Optimist Club

<http://cancerwalk.optimist-eont.org/>