

# It's time again to Practice What You Preach!



Register for this event online as you register for the annual conference or contact:

info@healthygenerations.ca  
613-526-9397, ext. 262

Co-hosted by the Paediatric Sports and Exercise Medicine Section

Event sponsored by



Be sure to register for the *5<sup>th</sup> Annual Practice What You Preach 5K Walk/8K Run* in support of **Healthy Generations**. This year's event will be held along Ottawa's historic Rideau Canal, which is a popular setting for recreational activities in all seasons.

New this year, runners will have an 8K path option in addition to the 5K walking course.

Experience the beautiful surroundings of Canada's National Capital all while helping your foundation and following your own prescription for optimum health.

## **Practice What You Preach 5K Walk/8K Run**

Friday, June 26 – 1700 to 1900  
(reception to follow)

Cost: \$25.00



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