

## 25<sup>th</sup> Anniversary of the GTA Walk of Life! SUNDAY APRIL 26<sup>TH</sup>, 2009

### Everyone Mark Your Calendars & Get Ready to Walk!

Queen Elizabeth Building, Exhibition Place & Martin Goodman Trail  
8:30 a.m. to 1:30p.m. ~ Rain or Shine

Register NOW for this FUN-FILLED FAMILY 3, 5, or 7 km walk along the scenic Martin Goodman Trail and enjoy a variety of NEW activities in the Queen Elizabeth Building:

- **FREE Parking**, Easy TTC & Go Access!
- **FREE T-SHIRT for all participants !**
- **FREE personal pedometer for everyone!**
  
- A new **Health Fair** – an interactive and informative area
- Complimentary snacks and refreshments courtesy of **Whole Foods Market & Tim Hortons**
- **Teletoon & KidSport FunZone** with activities for kids of all ages!
  
- **KING & QUEEN OF HEARTS KIDS DRAWING CONTEST** - co-sponsored by Today's Parent, Tridel, Rogers, Mirvish Productions...**HAT CONTEST** too!
  
- Warm up with **ACE the Blue Jays Mascot** & the Fitness Institute's Steve Roest
- Exhibition Place Host : *Jennifer Valentyne of "Breakfast Television"*
  
- Prizes for the **TOP 3** individual fundraisers!
- Chance for Fabulous Draw Prizes (donation only)!

Take the **TEAM CHALLENGE!** Register as a **TEAM CAPTAIN!** Team incentives, prizes etc..

- Rewards for Corporate or Community Teams with the most pledges!

Register Online Now at [www.walkoflife.ca](http://www.walkoflife.ca)

2009 GTA Walk of Life Brochure available on our website [www.cardiachealth.ca](http://www.cardiachealth.ca)

For more information please call our office: 416-730-8299 or [info@cardiachealth.ca](mailto:info@cardiachealth.ca)

*(The Cardiac Health Foundation of Canada for "prevention, education and cardiac rehabilitation" was formerly known as the Canadian Cardiac Rehabilitation Foundation. Funds raised support cardiac rehabilitation programs and facilities across Canada, scholarships & research, patient and public awareness and professional education lectures.*

**NATIONAL SPONSORS:** *Tridel, Rogers, Universal Workers Union Local 183, Great West Life/ London Life/Canada Life/, BMO, Brooks, The Printing House, The Brand Factory*