

Walk for the Health of It!



**JOIN
ANY TIME!**

*November 1st to April 1st
A total of 8,346 kms!*

**Chances for
Great Prizes
for the
farthest
walkers!**



Carstairs Connections

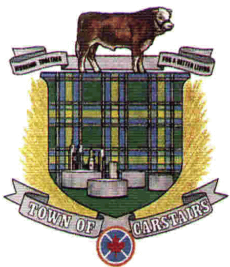
Join us as we walk from
Carstairs to Cozumel, Mex-
ico, for a Margarita! Then,
we'll turn around and walk
back home again!

**Don't forget the Walking
Track at the Memorial
Arena is open from 7:00
am—late night during the
winter months!**

Log onto
www.town.carstairs.ab.ca

to register, set up your pass-
word, then you can log in your
steps or kms walked. The pro-
gram will keep a running total of
yours and other participants.

*Call Terri Sperle
403-337-3341 ext 244
For more information*



Town of Carstairs