



4th Annual

FCM Morning Fun Run/Walk

National Health & Fitness Day

Saturday, June 4th

6:45 am photo op with Olympian Janine Hanson

7:00 am start

Meet at the Millennium Library Park, off Donald.

[See map](#)

Everyone welcome. Walk 3 km or Run 5 km

Over 265 municipalities have joined the movement to

make Canada the fittest nation on Earth!

www.nhfd.ca

For info call 613 402 5154