

one step at a time

One Insurance Arena
Oakbank, Manitoba
May 10, 2014 Rain or Shine
Registration 9:30am
Start Time 11:00am

- Emcee Ace Burpee
- Children's Entertainer Al Simmons
- Free Tim Hortons
- Prizes Free BBQ for participants
- 5 K Walk Silent Auction
- 5 & 10 K Fun Run sponsored by the Running Room

Free Massages for runners by Waterfront Massage Therapy

Form a team with family, friends or create a business team with your co-workers!

For more information please visit www.andrewdunn.org or contact Judy Dunn at 204-444-5228 or jd4mdam@gmail.com



Working in partnership with Mood Disorders Association of Manitoba



