

A BIG THANK YOU TO ALL WHO PARTICIPATED IN TODAY'S EVENT!

Special Thanks

Event Committee

Ron Coreau
Diana Muntigl
Natasha Purnell
Alvina Tyler

Volunteers

David Howerton – technical support
Time Out – for the music

Sponsors



LIFETIME
LEARNING CENTRE

16th Annual Walkathon & Wellness Fair



Welcome

9:30am **Welcome:**

Malila, Kevin_(FLC), Ian_(LLCS),

9:35am **Challenge Kickoff**

Alvina Tyler

9:45am **Let the Walk Begin**

Don't forget to stay hydrated

10:45am **Wellness Fair**

Music by 'Time Out' & refreshments

11:00am **Wellness Fair Presenters**

12:00pm **Awards & Door Prizes**

Dianna Muntigl

12:30pm **Closing Remarks**

Ian Graham_(LLCS), Kevin Watrin_(FLC)

Presenters

11:00am Self-Management, UVIC

11:05am Pharmasave, Chrystal Robinson

11:10am Health Brights, Anne Arsenault

11:15am Nurse Next Door, Carol Lange

11:20am Dentures, Markus Fischer

11:25am Connect Hearing, Britney Schultz

11:30am Fraser Health, Jason Wong

11:35am Older Adult Health, Tracy Priddle

11:40am Geneology Group,

11:45am Zumba Demo, Inspire Me Fitness