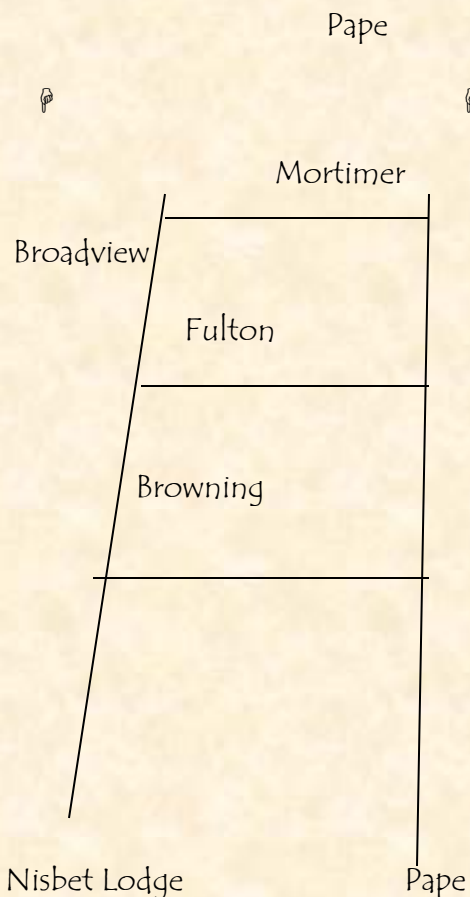


Walkathon route:



Waiver

I understand that in participating in the walk, I assume all risks. As a participant, I hereby release, waive and forever discharge Nisbet Lodge of and from all claims, demands, damages, costs, expenses, in respect of any injury, death, loss or damage to any persons.

Signature\_\_\_\_\_

### GET INVOLVED:

#### WALK

- Ask your family, friends, neighbours and co-workers to sponsor you as you walk.
- Have fun and win a prize.
- Form a team and set a fundraising \$ goal.

#### VOLUNTEER

- Help at checkpoints
- Registration
- Post walk party

#### SUPPORT:

- Donate a prize
- Make a cash donation

### REGISTER TODAY!

Complete the return card  
and mail to  
Nisbet Lodge  
Attn: Gwen Ramsay  
740 Pape Ave.  
Toronto, ON M4K 3S7

Or drop off at  
The Reception Desk, Nisbet Lodge  
**Contact Information**  
Telephone: 416 469-1105 ex 1187  
Email [foundation@nisbetlodge.com](mailto:foundation@nisbetlodge.com)

CHARITABLE REG# 892982166

### DAY'S ACTIVITIES

- rain or shine -

- 9.00 a.m. Registration
- 10.00 am. Walk begins  
5 km walk  
1 km walk for older residents
- Post walk party with  
Presentation of prizes  
Barbecue

\*\*\*\*\*

Together

**WE CAN MAKE  
A DIFFERENCE**

Walkathons inspire many of us, at all ages and levels of fitness, to get involved. Helping a good cause encourages us to lace up those sneakers and step out when we might not otherwise make the effort"  
.....Going The Distance

by Robin Warshaw

**SUPPORT OUR CAMPAIGN**  
**THE CARING CONTINUES**  
**Year 6**

The funds from this event will go to our Recreation programs and Lounge project.



Nisbet Lodge—McClintock  
Manor Foundation

**Annual Mothers' Day**



In support of our Seniors  
**SATURDAY**

**MAY 11TH, 2019**

**5K & 1K**



**A FAMILY**

**FUN DAY**  
Prizes for  
everyone

Special prizes for  
Top pledge makers

Youngest participant  
oldest participant

**BARBECUE**

