



Participate in Winter Walk Day!

February 8, 2012

Celebrate winter by walking at least 15 minutes outside your home, school, workplace, or favourite area!

Step Up Alberta!

Everyone can participate including schools, community groups, workplaces and individuals!

Sign up NOW at
www.shapeab.com

- Submit your photo or video and your group will be eligible for a prize sponsored by AMA.
- Everyone that pre-registers will receive information to help support your event.
- Schools/daycare centres/community groups that pre-register will receive a participant giveaway per child.

For more information on how to register and contest rules, visit www.shapeab.com or call 780.406.8530.



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