

COMMUNITY HEALTH INVITES YOU TO JOIN REZ WALK 2024



REGISTRATION ON LINE WILL OPEN ON DECEMBER 4, 2023,

NEW

REGISTER YOUR TEAM ON LINE BY CLICKING THE
LINK BELOW



IF YOU ARE UNABLE TO REGISTER WITH THE
LINK, PLEASE EMAIL YOUR TEAM NAME &
PARTICIPANTS TO THE CHR'S AT
COMMUNITYHEALTH@MBQ-TMT.ORG

REZ WALK PACKAGES WILL BE AVAILABLE
FOR PICK UP ON
DECEMBER 8 TILL DECEMBER 22, 2023
AT THE COMMUNITY WELLBEING CENTRE
(HEALTH SIDE)



IT'S THAT TIME TO
RECRUIT YOUR
TEAM OF 4
CAPTAINS ARE
RESPONSIBLE FOR
REGISTERING
THEIR TEAM AND
REPORTING THEIR
TEAMS STEPS
EVERY MONDAY
AT 8:30AM
SHARP!

BEGIN TO COUNT STEPS ON JANUARY 1, 2024
AND CAPTAINS ARE TO REPORT THEIR TEAMS
STEPS ON MONDAY JANUARY 8, 2024 AT
8:30AM SHARP!!

HAVE FUN PARTICIPATING IN

REZ WALK 2024!

REMINDER OUR OFFICE CLOSSES ON
DECEMBER 22, 2023

Contact the CHR's for more
information at the CWB at
613-967-3603