

Mother/daughter walk for heart and stroke coming up

It's almost time to lace up your shoes and pound the pavement for the Cheerios Mother Daughter Walk for Heart and Stroke.

The fundraiser will happen locally Sunday, Sept. 26 at Bronte Creek Provincial Park in Burlington, and those looking to take part still have time to sign up.

While the event is open to people of all ages,

participants that are 16 years old and up are encouraged to raise a minimum of \$20 in pledges to join the walk.

For every \$150 in pledges raised, participants will receive a ballot and have a choice of four prizes to enter it for — a propane barbecue, family downhill ski package, two-night accommodation resort family package or spa package.

The top three highest fundraisers will receive a gift and/or gift certificate from one of the event sponsors.

Those taking part can choose to walk either 2.5 kilometres or five kilometres.

To register, visit www.heartandstroke.ca/walk, phone (905) 634-7732, fax (905) 634-1353 or mail the Heart and Stroke Foundation, Cheerios


Mother Daughter Walk, 4391 Harvester Rd., Unit 7, Burlington, L7L 4X1.

Interested participants can also register in person at the above mentioned address Friday, Sept. 24 from noon to 9 p.m. and Saturday, September 25 from 9 a.m. to 5 p.m. or at Bronte Creek Provincial Park on event day.

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