

5th Annual COPE Walk for Mental Health

Participate in a 1, 2, or 5 km. walk or run!

Join us to support those living with mental illness!

Saturday, May 8, 2010, 9:00 a.m.

**Heydenshore Park, Waterfront Trail
589 Water Street, Whitby, Ontario**

- ❑ **9:00 a.m.:**
Registration
- ❑ **9:30 a.m.:**
Opening Ceremony &
Warm-up courtesy
of *Curves*
- ❑ **10:00 a.m.:**
Walk/Run
- ❑ **11:00 a.m.:**
BBQ Lunch
courtesy of



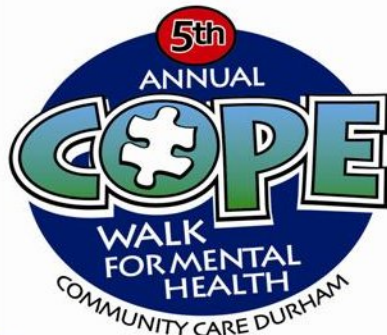
- ❑ **12:00 noon:**
Closing Ceremony
& Prizes
- ❑ **Jumping Castle!**
- ❑ **Face Painting!**
- ❑ **Music!**
- ❑ **Family Fun!**
- ❑ **Great Prizes!**
- ❑ **Free T-shirts
for Walkers
(limited quantities)**



To participate, pick up your pledge form at any Community Care office:
Ajax/Pickering, Brock, Clarington, Oshawa, Scugog, Uxbridge, Whitby

Or log on to www.communitycaredurham.on.ca

Questions? Call 905-668-6223, ext.227, or email
aheath@communitycaredurham.on.ca



**FUNDS RAISED SUPPORT
COMMUNITY CARE DURHAM!**

Our services are provided free of charge
or for a minimal fee, administered
through nine Durham locations.



Community Care Durham
Supporting People, Strengthening Community