



# Honour Your Health Challenge

**A CHANCE  
TO WIN  
CASH  
PRIZES!!!!**

**Start Date:  
Mon. Feb.11  
@ 3:45 pm**

**Where: Port  
Hardy  
Secondary  
School**

**Time:  
Mondays and  
Wednesdays at  
3:45pm**

**Catered dinner at  
the end!**

**Everyone  
Welcome!**

Challenge yourself and participate in a 13 week program bringing together all community through a holistic approach.

We will get together twice a week for a 30-60 minute light warm-up & walk-jog routine developed by doctors.

In our 13th week we will be ready to do a 5K or 10K walk- jog throughout Port Hardy.



**Contact: Stephanie Nelson, Building Blocks**

**Coordinator**

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**INSTEAD OF GIVING REASONS WHY YOU  
CAN'T, GIVE REASONS WHY YOU CAN!!**