



Mental Health Matter Annual Walk / Run

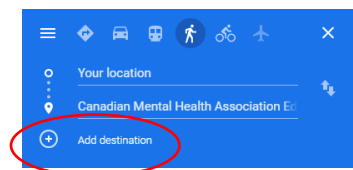
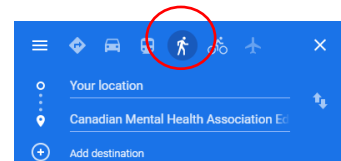
Plan your route ahead of time tips

Before you go ahead and walk or run take the time to plan your route!

To do this, you will need to first plan your route by going to Google Maps

<https://www.google.com/maps/>

When you are on this site and choose your starting point and the first destination, make sure the Pedestrian Icon is the one highlighted. This icon will show you walking options.



Continue entering points on the map, which will form a letter based on the distance of either 2km or 5km.

If you are walking or running in memory of a person, plan your route to include the two initials of the person's name. If you are walking or running to shape a message of hope, then choose a letter from

#TogetherWeCan

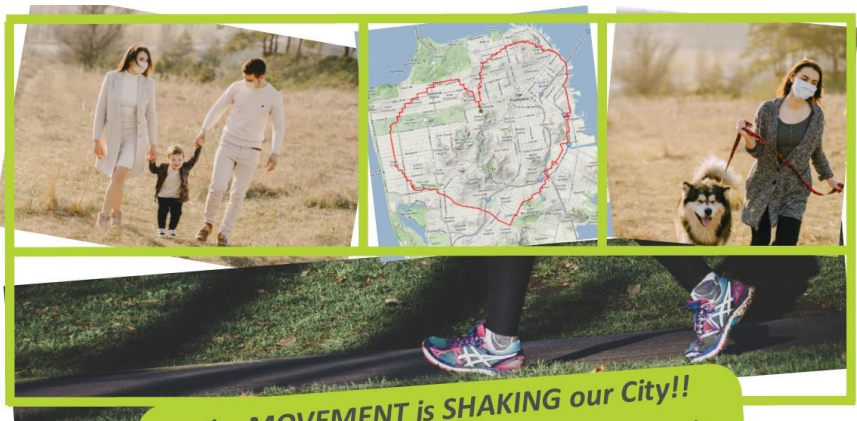
It is best to plan your route based upon the uppercase version of any of the letters rather than the lower-case ones. You can choose to plan a route in which your starting point is also your endpoint by retracing your steps to make up the distance of either 2km or 5km. Or you can choose to have your start and end point be different and then not count the distance walking back to your home.

To see some map ideas, Visit: <https://edmonton.cmha.ca/wp-content/uploads/2020/05/Map-Ideas.pdf>

Free Registration
& Virtual!



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The MOVEMENT is SHAKING our City!!
Join us and make #MentalHealthMatter!