

2024 Virtual Trek

Attention: Seniors, Fitness leaders,
Caregivers, Seniors' Support Organizations



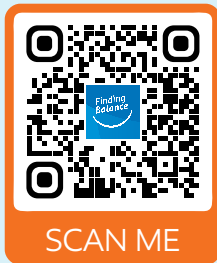
Come Walk with us on our
Virtual Trek across Alberta this
November for **Falls Prevention
Month!**

During the month of November, log your steps and / or
physical activity minutes using the Trek app.

Visit findingbalancealberta.ca/2024-virtual-trek for more
information and to register.



REGISTER NOW!



or visit:
bit.ly/FBTrek24



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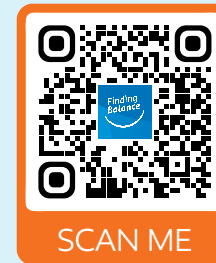
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