



*Be a part of our community walking/running group.*

We meet twice a week at the Downtown Community Centre at 755 Pandora Ave. We go out for a run/walk then back for a stretch and together enjoy a delicious healthy snack.

*Leading health, sport and wellness professionals visit to give short talks on various topics such as correct running form, healthy eating, etc.*

**Supporting Every Step Counts:**

*Donations of running gear and other incentives are always gratefully appreciated.*

***We Gratefully Thank Our Community Supporters.***

*A Special Thank You to Our Partners:*



**CANOE** The Jawl Foundation



**Take the first step.  
Join us.**

*Be a part of our community*



[www.CoolAid.org/esc](http://www.CoolAid.org/esc)

**250.595.8619**



## Take the First Step in making Every Step Count

Participants have cited longer sleeps, reduced anxiety, increased energy, increased feelings of wellness, improved mood and a greater sense of community.

After Each Milestone Run, the Participant Receives...

- ◆ **1st Run:** Gently used shoes
- ◆ **5th Run:** Water Bottle
- ◆ **10th Run:** Certificate & Every Step Counts T-Shirt
- ◆ **15th Run:** New Running Shoes
- ◆ **25th Run:** Every Step Counts Hat
- ◆ **75th Run:** Every Step Counts T-Shirt
- ◆ **100th Run:** Certificate & 100th Run T-shirt
- ◆ **116th Run:** New Shoes
- ◆ **200th Run:** Certificate and Special Gift



**Every Step Counts** is a unique running and walking program conceived by the Victoria Foundation in 2009 and hosted by the Victoria Cool Aid Society's REES Program. It was designed for people who self identify as experiencing barriers relating to mental health, addictions, social isolation and other related issues.

*It is positive and unique, drawing on the wide-reaching and long lasting benefits of exercising and team work to foster self-esteem, confidence, energy and healthy lifestyle choices—one step at a time.*



**Khalilah Alwani,**  
Coordinator

***New Runners and  
Walkers Join Weekly!***

**Tuesday & Thursday:**

**3:00 pm—4:30 pm**

**Wednesday & Friday:**

**3:30 pm—5:00 pm**

**Khalilah Alwani**

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