

WALK & PLAY

COUNT OFF

Pick something to keep track of on your walk:

- # of trees
- # of light poles
- # of cars
- # of people



PLAY BUILDS BRAINS!

Reduces Stress | Increases Joy | Builds Strong Relationships

PLAY IN YOUR FAMILY UNIT - RESPECT PHYSICAL DISTANCING

COVID Community Support Information call 403-328-LINK (5465)



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