



Moving together for mental health

Join us June 13, 2026

as we walk, run or roll at the Shoppers Drug Mart® Run for Women in support of mental health resources at **My Sisters' Place**, a program of **CMHA Thames Valley Addiction and Mental Health Services** in partnership with Shoppers Foundation for Women's Health™.



Sign up to walk/run 5k or run 10k at runforwomen.ca

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