



Moving together *for mental health*

Join us **May 23, 2026**

as we walk, run or roll at the Shoppers Drug Mart® Run for Women in support of women and girls' mental health programming at **Halton Healthcare** in partnership with Shoppers Foundation for Women's Health™.



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

Scan me to sign up



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