



Moving together *for mental health*

Join us June 13, 2026,

as we walk, run or roll in support of **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 join our team:

IN SUPPORT OF



IN SUPPORT OF



Fundraising Goal:

Team Name:

Team Captain:

Contact: