

SHOPPERS
DRUG MART

run
for
women

Corporate Challenge

IN SUPPORT OF



Canadian Mental
Health Association
Waterloo Wellington

Champion Community Impact

Mobilize your team in support of
mental health programs in Waterloo.



Join us May 9, 2026 where organizations
unite their teams to make a meaningful difference for
women's mental health in their local community.
100% of fundraising proceeds stay local.

Moving together for mental health

The Shoppers Drug Mart® Run for Women is Canada's largest community
5km and 10km run/walk event series, dedicated to women's mental health.

Whether your workplace is big, small, remote, or hybrid, the Shoppers Drug Mart®
Run for Women Corporate Challenge makes it easy to rally your colleagues
around something meaningful — and have a great time doing it.



Impact your community

\$150

One eating disorders
intake assessment



\$500

1 early psychosis treatment
plan



\$1,000

5 women per week able to access
eating disorder group sessions



\$250

Provides 3 women
through Here 24/7
crisis supports



Sign up your team today at runforwomen.ca/corporatechallenge



Create meaningful impact while bringing your workplace together

Employees feel good representing their company in a community initiative — and that pride translates into stronger engagement at work. Physical activity, social connection, and contributing to a meaningful cause all positively influence mental health — an especially relevant outcome when supporting women's mental-health programs.



Corporate Responsibility

Supporting a local charity — especially one focused on women's mental health — shows your organization is committed to improving the well-being of the community where employees and customers live.

How it works

\$0 upfront registration cost with commitment to raise \$125 per participant by event day. Get your team signed up today:

1. Go to runforwomen.ca/corporatechallenge and fill out the form to start your team.
2. Receive your team link from your dedicated fundraising coach.
3. Send out your team link to your colleagues inviting them to join your team.
4. Team members register and commit to fundraising a minimum of \$125 before the event.

All Participants Receive:

An event t-shirt, a finisher's bracelet and our signature swag bag.



Why bring your team?

- **Exclusive Team Captain's Hat** for Corporate Team Captains with teams with 5+ participants
- **Lightweight Athletic Multi band branded with your company logo** for all Corporate Challenge teams with 10+ participants, registered by March 10
- **100% of fundraising proceeds stay local** to support essential mental-health programs for women

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