



HANDI-CARE INTL. (HCI)

Canadian registered charity Dedicated to helping the Poor & Disabled, since 1992
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Newsletter- 104 - June 16, 2015

4 Days to Fitness, Fun & Food Rain or Shine !!!!

WALKATHON - JUNE 21, 2015

Location : Erindale Park (Mississauga Road and Dundas Street West.)

AREAS C AND D

Start : 9.00 a.m.

Entry Fee: Ages 13+ yrs : \$20

Ages 3 to 12: \$10

"A whole day of family fun, with food stalls, activities for everyone and more....."

"TODDLERS TO ADULTS, YOU CAN RUN, WALK, OR EVEN CRAWL!"

If you are planning to come, please register online / by E-mail / Telephone, ASAP... we need the head count for our food stalls, T-Shirts, games and activities

Online Registration / Pledge
Manual Registration / Pledge

- Fabulous raffle prizes
- Delicious food stalls
- Cool browsing stalls
- Tai chi / Yoga sessions & Games for Children & Adults
- Face painting, Henna for children

Event Details: (To help you plan for the day)

- Stretch & Walk sessions : 9:15, 10:15 & 11:15 am
- Yoga / Taichi sessions: 10:30 to 11:30 am

- **Chidrens games and activities : 10:30 to 12 noon (Henna, Face painting, Crazy hair & Games)**
- **Adults games : 1 pm**
- **Breakfast items will be available up to 11 am**
- **Lunch items - until 2 pm**

!!!! If you are planning to sign up for YOGA, please bring your Yoga mat. !!!!

PLEASE CAR POOL !! CAR POOL !! CAR POOL !!

It is a very popular park and we don't want you to have parking issues

Registrations and pledges are tax-deductible, Handi-Care Intl. will issue receipts for donations of \$20 and more. Get your friends, colleagues and anyone else to pledge for you, since you are doing for a great cause !!

Every \$ of your support counts... Please act fast !! Our target is to raise \$20,000. This will support and sustain our focus on Early Intervention of childhood disabilities for children under 5 from poor rural villages. Our initiative has been a great success, with several children showing significant progress. Our program is considerably enhanced by professional therapists from Canada who regularly work and train the staff at Amar Seva Sangam.

Visit : <http://www.handicareintl.org>.

For more information/ Registration, contact: Phone : 416 293 3994 / 647 338 4747

Email : handicare@rogers.com

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