



HANDI-CARE INTL. (HCI)

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

It is TOMMORROW... to Fitness, Fun & Food Rain or Shine
!!!!

WALKATHON - JUNE 21, 2015

Location : Erindale Park (Mississauga Road and Dundas Street West.)
AREAS C AND D

The forcast seems to indicate light showers on & off. Pls bring your umbrellas & rain ponchos

Start : 9.00 a.m.

Entry Fee: Ages 13+ yrs : \$20

Ages 3 to 12: \$10

Go to Area C, register and pick up your T-Shirt

In case you have not registered yet,

[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**
- **Don't forget to bring cash / Credit card**

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... !! 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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