



ride**don't**hide

Be Part of Something  
**BIGGER!**

**RUN, WALK, RIDE** and raise funds for Mental Health

**NEW FOR 2018!**

**8K Run/Walk**

**8K, 20K, 50K, 80K Ride Routes**

For more information:

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**JUNE 24, 2018**

**Mooretown Sports Complex**

**1166 Emily Street, Mooretown**

**REGISTER TODAY!**

[www.ridedonthide.com](http://www.ridedonthide.com)



Canadian Mental  
Health Association  
Lambton Kent  
*Mental health for all*



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