



Don't hibernate, participate!

Enjoy the crisp air and the sound of snow crunching under your boots as part of Alberta's Winter Walk Day! Councillor Bev Esslinger will start the walk by bringing greetings from the City. Walk Edmonton, Winter Cities Edmonton and Be Fit For Life will lead participants on a 45-minute walk.

Date: Wednesday, February 3, 2016

Time: 12:00 – 12:45 p.m.

Location: City Hall Plaza (South steps), # 1 Sir Winston Churchill Square

The first 100 walkers to arrive will receive free giveaways. Hot chocolate will be available for all participants.

Winter Walk Day is a province-wide initiative to get Albertans up and moving during the winter months. Every year on the first Wednesday of February, almost a hundred thousand Albertans step outside to celebrate winter while promoting the year-round health benefits of walking.

Can't make it to City Hall? Forge your own path with a walk outside your home, school, workplace or favourite pedestrian-friendly area. Share photos via Facebook and Twitter using the hashtags #WinterWalkDay and #yeg to show Canada how Edmonton embraces winter.

For more information:

edmonton.ca/winterwalk

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