



The Calgary Chinese Elderly Citizens' Association

A Walk A Day With A Photo Gets A Prize



WHEN: JUNE 7 - 21, 2021
(TOTAL 15 DAYS)

Welcome everyone aged 50+ to join.
Stay connected, keep active, take a walk can improve
your wellbeing and reduce isolation during the pandemic.



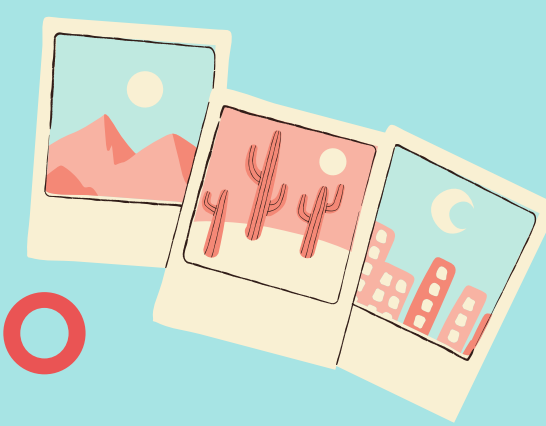
A WALK A DAY

Walk 30 minutes daily
and mark down in the log
sheet.



A PRIZE

Submit a photo (with your
name & register No.) to
enter " Daily Photo Draw"
to win **a \$10 gift card.**
One photo per day,
please.



A PHOTO

Take a photo during your
walk



GRAND PRIZE

Keep a daily log of 30-
minute walk continuously
for 15 days. Submit the
completed log sheet before
June 25 to enter a draw for
a \$50 gift card.

METHODS TO SUBMIT

- Email to ccecapt@cceca.ca
- WeChat us at VHPPRAY
- WhatsApp us at: 403-999-6827

The result of the draw will be
announced in our CCECA's
website, newsletter & Facebook
on Jun 30

PLEASE REGISTER AT CCECA (403) 269-6122

