



# Coming together for mental health.

Join us June 15, 2024,

as we walk, run or roll in support of My Sisters' Place, a program of CMHA Thames Valley Addiction and Mental Health Services in partnership with Shoppers Foundation for Women's Health™.



Sign up to join our team at  
[runforwomen.ca](https://runforwomen.ca)

IN SUPPORT OF



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Fundraising Goal:

Team Name:

Team Captain:

Contact: