

**FREE  
PARKING**  
until 10am

# MOVE for HEALTH Walk with your DOC

**Let's take steps towards good health!**

Bring the family down for a morning walk along the promenade and receive a FREE pedometer and healthy snack! (while supplies last)

**Date:** Friday, May 8th, 2015

**Start:** Bayview Park (Bay St @ Marine Dr.) White Rock

**Time:** 7:30-8:30am

For more information please visit [www.whiterockcity.ca](http://www.whiterockcity.ca)



**WHITE ROCK** RECREATION  
AND CULTURE

2015 MOVE FOR HEALTH DAY



An Initiative of BCIPA  
[www.bcrpa.bc.ca/mfhd](http://www.bcrpa.bc.ca/mfhd)



White Rock-South Surrey  
Division of Family Practice  
A GPSC initiative

**doctors  
of bc**

British Columbia Medical Association