



**We're better together.**

## *5k Vulcan Moon Walk/Run*

*Friday, March 18, 2022*

*Vulcan County Health and Wellness Foundation is holding a Vulcan Moon Walk/Run, raising funds towards purchasing Zoll AutoPulse chest compression equipment for all 6 of the Fire Stations in Vulcan County!*

*Pledge sheets are available at the Foundation Office or as a downloadable document from our website. [www.vchwfoundation.com](http://www.vchwfoundation.com)*

*Entrants will enter a 5km individual or family walk, and pledges can be made either per km or as a fixed amount.*

*Participants will collect pledges and submit them by **March 31, 2022**, to the Foundation office*

*Located in the Vulcan Community Health Centre, or you can mail your pledge package to*

*P.O. BOX 28, Vulcan, Alberta, T0L 2B0*

### ***Prizes for***

***Person with most pledges***

***Individual and Family first-place finishes***

***Start time for Families***

***7:00 pm***

***Start time for Individuals***

***8:00 pm***

***Start/Muster Point***

***Municipal Campground on Elizabeth Street***

***Fire and Refreshments at Municipal Campground following the Walk/Run at 9:00 pm***



