



Walk this Way Guide

It's been one challenging year, and our community needs us now more than ever! Let's step up and step out with a virtual walk around community—apart, together. Uniting for the community we love. By channeling this energy and working together, we can build a better community for everyone who lives here.

This year, United Way is introducing their virtual walk, challenging everyone to Walk this Way in support people and families who have been impacted by the pandemic in our communities.

The concept is simple - Move your body for 266 minutes (that's a minute for every frontline United Way Halton & Hamilton program that has provided critical services to thousands).

Participants can choose their own activities such as: step, skip, stride, stretch, run, walk, bike, play ball etc.) How and when they do their minutes is up to them.

Participants can:

- Do it all at once: 266 minutes on a single day (that's 4 hours of activity!)
- Move for 30 mins a day for nine days

A note about registration and fundraising:

- Registration fee: \$20 (participant gift included)
- Suggested fundraising minimum is: \$100
- Registration opens on August 9, 2021

Challenge time:

September 24, 2021 - October 4, 2021

We are looking for people to spread the word about this event, rally friends, family, neighbours, teams and colleagues to register and raise funds for United Way Halton & Hamilton.

Even from a far, this is a great way to build community, drum up some friendly competition and fun, all while supporting a community that needs you now more than ever.

For more information, visit uwhh.ca or email events@uwhh.ca