



RED DEER

COMMUNITY BETTER



JUNE 1-30

Join the ParticipACTION Community Challenge to help Red Deer win \$100,000 and continue to be the Most Active Community in Canada!

- 1** Download the ParticipACTION App
- 2** Track Your Active Minutes



Adults Track Individually on ParticipACTION App



Groups or Families can Track on ParticipACTION Website

LOCAL PRIZES:

Apple Watch
\$100 Sport Chek Gift Card
\$100 Save on Gift Card
Breathing Room Yoga Punch Card

Sponsored by: 

How to Win:
Share a photo of you getting active with #communitybetterreddeer or email move.yourmood@ahs.ca

  @communitybetterreddeer

