

# Red Deer let's get active together!



**Everything gets better when you get active.** 



## Join the challenge

by downloading the new  
ParticipACTION app

- ☒ Track your activity May 31st to June 16th.
- ☒ Win individual prizes
- ☒ Help Red Deer be named Canada's Most Active Community and have a chance to win \$150,000

MOVE YOUR  
*Mood*™

For more information:  
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[participACTION.com](http://participACTION.com)