

# 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:  
[denise.fredeen@ahs.ca](mailto:denise.fredeen@ahs.ca)

[participACTION.com](http://participACTION.com)