



MOVEMENT CHALLENGE

FEBRUARY 13-28, 2023



HER HEART MATTERS
WEAR RED CANADA • FEB 13



CANADIAN WOMEN'S
HEART HEALTH CENTRE
CENTRE CANADIEN DE SANTÉ
CARDIAQUE POUR LES FEMMES

NATIONAL
ALLIANCE
NATIONALE

5KM OR
10KM IN
DISTANCE

OR

30 OR 60
MINUTES OF
MOVEMENT



RUN, WALK, HIKE, YOGA, DANCE...
ANYTHING GOES!

REGISTER TODAY

WearRedCanada.ca

#HerHeartMatters

@CWHHAlliance