



JUNE 2022

CAMROSE



COMMUNITY BETTER CHALLENGE

MON	TUE	WED	THU	FRI	SAT	SUN
	Remember track your minutes on the Participaction App	1 Everything Gets Better When you walk around Mirror Lake	2 Unwind Better Visit the noon hour kick off event at Mirror Lake	3 Energy Better Visit the Stoney Creek trail and look for Ollie the Mascot	4 Sleep Better View the night sky from the top of the ski hill	5 Laugh Better Blow some bubbles, have a water fight in your own backyard
6 Focus Better Visit Bullrush park and listen to sounds of nature	7 Work Better Visit Railway Museum and learn about local railway heritage	8 Friend Better Invite your children's friends to a new park	9 Think Better View the paintings in the underpass	10 Lead Better Catch a game at the ball diamonds around the City	11 Age Better Walk through the Museum and take a trip back in time	12 Poop Better Walk to the grocery store to buy vegetables
13 Love Better Bike, walk or run over 30 km of paved trails	14 Happy Better Picnic at Grand Park Drive Gazebo	15 Heal Better Visit Westpark Pond and Gazebo	16 Family Better Visit a park and find a MYM game	17 Breathe Better Visit the basketball or beach volleyball courts	18 Think Better Visit Rotary Pavilion and read about the history of Camrose	19 Couple Better Watch for wildlife along the trails
20 Learn Better Visit the Nature Mural	21 Create Better Visit the natural playground at Stoney Creek Park	22 Parent Better Have fun at the Spray Park	23 Coach Better Visit Jubilee Park to picnic, play frisbee or kick a ball	24 Move Your Mood Better Find a new park and play a MYM game	25 Memory Better Explore Duggan Park lake, playground or ball diamonds	26 Heart Better Visit the tennis courts
27 Posture Better Run the stairs at either Jubilee Park or Stoney Creek	28 Quality of life Better Walk in your neighborhood, say hello to neighbors	29 Muscle Better Visit the Outdoor Gym at Jubilee Park	30 Community Better Find another new park and play a MYM game	Visit www.camrose.ca for locations & more info	Visit www.camrose.ca/trails to download the trails map	

MOVE YOUR MOOD & EVERYTHING GETS BETTER!