



WALK-OR-WHEEL

A fundraiser in support of
Extend-A-Family Waterloo Region

Activities Passport

Walk-or-Wheel your way to
an inclusive community for all.

SEPTEMBER 9 – 22, 2023

WALKORWHEELWR.CA



f t i @EAFWR

Activities & Challenges

From Sept 9 -22, 2023, we challenge you to complete as many activities and challenges from the list below! Participate with family, friends, neighbours or by yourself whenever it works for you. The goal is to get out, get active, and explore Waterloo Region!



Join us for the kick-off event on Sat., Sept 9!



Hit the Grand River and go for a paddle



Explore a new trail in Waterloo Region



Go geocaching!



Go for a walk, roll or wheel in your neighbourhood



Do a Scavenger or Gratitude Scavenger Hunt



Do some gardening



Collect \$50 in pledges



Ride a bike, scooter or skateboard



Do an exercise adventure or dance on YouTube



Kick a soccer ball, throw a baseball, shoot some hoops, play tennis or golf



Share with someone new what EAFWR means to you