



MOVE 4 MENTAL HEALTH

WALK, RUN, RIDE, OR WHEEL

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ALL FOR MENTAL HEALTH

Are you ready to get your sweat on for a good cause? Gryphon Athletics is excited to host the first-ever **'Move 4 Mental Health'**, an indoor fitness fundraiser taking place at the Guelph Gryphons Athletics Centre.

JANUARY 29, 2019 | 11 AM - 1 PM

Build your team of four people and join the fun by fundraising and participating in two hours of cycling, walking, running or wheeling on the track at the GGAC. **ALL** donations will be directed back to mental health and wellness right here on campus!

No experience is necessary, and everyone is welcome! Build your team with co-workers, teammates, coaches, friends or family.

#MOVE4MH

For more information and how to register, visit:

GRYPHONS.CA/M4MH