

# **The Healthy Living Marathon\**

## **January 22 to February 4, 2012**

**Anyone can participate Have Fun - Get Fit**

**Presented by the Epilepsy and Seizure Association of Manitoba**

- Walk Jog, or Run the 42-kilometre distance of a marathon over a two-week period.
- Just count your steps at work, at home, at school, or at play. Depending on your stride length it should require about 4,000 to 5,000 steps a day to reach the finish line.
- You will be provided with a pedometer to track your progress and your finish time will be posted on our web site. Challenge your friends to see who can finish first! Beat your last year's mark or set a new record in 2012 and beat it the following year.
- Enter as an individual or on behalf of your school or workplace with a minimum \$25 pledge, or as a team of 5 for a \$100 pledge. Tax receipts for all online pledges. Hand written pledges of \$10 or more receive a tax receipt.
- For more information, or to enter on-line go to our web site [www.manitobaepilepsy.org](http://www.manitobaepilepsy.org)
- Proceeds will be used to provide diagnostic equipment for the Seizure Clinic at the Health Sciences Centre, and to support the programs of the Epilepsy and Seizure Association.

**For more information go to [www.manitobaepilepsy.org](http://www.manitobaepilepsy.org)**

**Or call 783-0466**