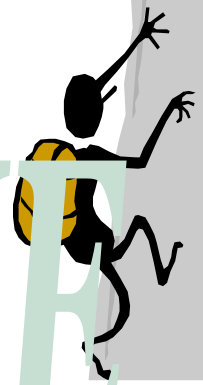
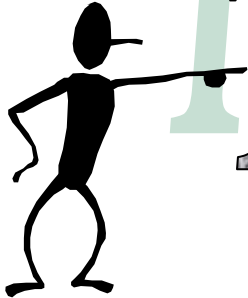


WHY DON'T YOU

TAKE A HIKE

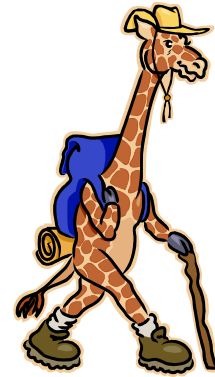


NO, SERIOUSLY.



Let Us Explain...

Take a Hike is an 8-week outdoor activity program run by Youth Net/Réseau Ado in conjunction with the Western Ottawa Community Resource Centre for only \$1 a week



We will be meeting on Thursdays from 3:30 to 9:00 pm. The First Meeting will be on July 6th.

(Transportation Information will be provided once applications confirmed.)

What you should bring...

- *proper footwear (no open toe shoes)
- *comfortable clothing for any weather, and for long walks
- *insect repellent
- *sunscreen, hat, sunglasses...stuff to protect your delicate skin from harmful UV Rays
- *refillable water bottle
- *snacks in case you get hungry



For more information and/or to register, contact Hagan at Youth Net/Réseau Ado.
hrglin@cheo.on.ca or (613) 738-3915