

# Take a Walk Day

## August 24, 2017

Go for a walk,  
anywhere, any time –  
your back will  
thank you.

**Register** for  
Take a Walk Day  
at **backactive.ca**  
for a chance to  
win a Bluetooth  
speaker.

While you're  
walking, take a  
"healthie" and  
tweet it to  
**@backactiveAB.**

**BACKPAIN** > DON'T TAKE IT  
LYING DOWN

 @backactiveAB • #TAWD