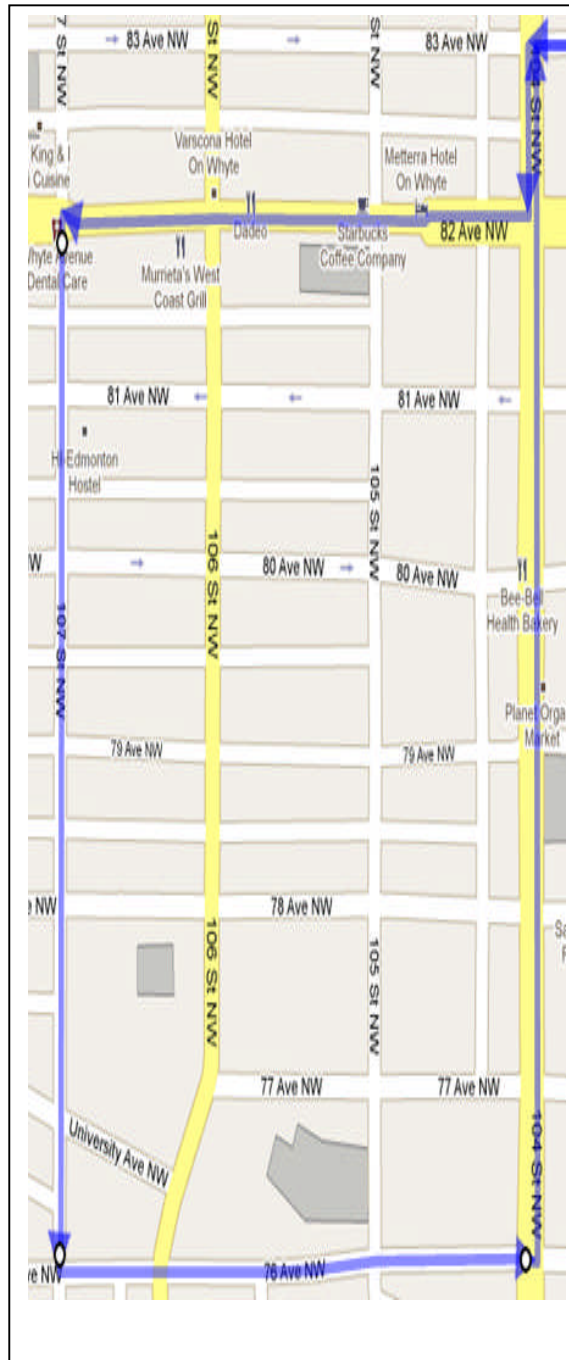


SPONSORED BY THE
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TEL. 437-7243



WALK FOR VALUES



*"A Walk for Me, My Family
My Community &
My Planet!"*

**Saturday, June 5, 2010
Assembly and Warm-ups: 1:00 p.m.**

**Assembly at:
McIntyre Park
83rd Ave- 104 St.**

**On-site Registration
@12:30 p.m.**

WALK FOR VALUES

INTRODUCTION

Welcome to the 6th annual Walk for Values in Edmonton. This Walk is taking place internationally and in various major Canadian cities.

The purpose of the 2010 Walk for Values is to instill in ourselves Human Values for the betterment of our family, our community and for humanity at large.

***“A Walk for Me, My Family,
My Community & My Planet”***

VALUES WITHOUT BORDERS

WHAT DO WE PLEDGE?

We pledge to practice one or more of the following **values or sub-values**

Love: Caring, compassion, reverence, forgiveness, generosity, kindness, enthusiasm, dedication, devotion, unity, patience.

Truth: Honesty, integrity, optimism and excellence in our daily life.

Peace: Contentment, discipline, humility, patience, satisfaction, self-control, self-confidence, self-respect, understanding and modesty.

Non-violence: Gentleness, consideration, cooperation, brotherhood, equality, cultural respect, social justice, conservation.

Right conduct: Courtesy, gratitude, perseverance, determination, responsibility, sacrifice, initiative, leadership, courage, duty and ethics.

PARTICIPATION

WHO CAN PARTICIPATE?

The Walk for Values is open to everyone. Children, youth and adults are encouraged to participate. Parents are asked to pledge the practice of one of the Five Values with their children and participate in the Walk.

HOW IS THIS WALK DIFFERENT?

This Walk is different because we do not ask for monetary pledges. We ask all participants to pledge to practice one of the five values or sub-values. The Walk will raise awareness of the five values and help promote their practice for the betterment of ourselves and humanity.

Mahatma Gandhi once said:

***“You must be the change that you wish
to see in this world”.***

Remember that by walking for yourself and your values, you are becoming the change Mahatma Gandhi wants us all to be.

ROUTE

"

See route map on the reverse side.

From McIntyre Park (104 St and 83 Ave)

- go south on bus lane to 82nd Ave
- then westbound on 82 Ave to 107 St.
- then south bound on 107 St to 76 Ave
- then east on 76 Ave to 104 St. (Calgary Trail)
- then north to McIntyrePark (104 St and 83Ave)

REGISTRATION

REGISTRATION

Registration and participation are free.

All participants are encouraged to register on line at:

<http://edmonton.walkforvalues.com>

Phone: 780-437-7243

You may also register at the start of the Walk on Saturday, June 5, 2010 @ 12:30 p.m.

Please assemble at McIntyre Park (83rd Ave. and 104 St.) @ 1:00 p.m.

FOOD BANK DONATIONS ARE WELCOME

WALK FOR VALUES T-SHIRTS

T-shirts with the Walk for Values logo will be available for sale for \$10.00 at the time of pre-registration and on-site the day of the Walk.

