



# WALK-OR-WHEEL

A fundraiser in support of  
Extend-A-Family Waterloo Region

## Activities Passport

Walk-or-Wheel your way to  
an inclusive community for all.

**JUNE 1-12, 2022**

**WALKORWHEELWR.CA**



Extend-A-Family  
WATERLOO REGION

f t i @EAFWR

# Activities & Challenges

**From June 1-12, 2022, we challenge you to complete as many activities and challenges from the list below! Participate with family, friends, neighbours or by yourself whenever it works for you. The goal is to get out, get active, and explore Waterloo Region!**



Go for a walk, roll or wheel in your neighbourhood



Hit the Grand River and go for a paddle



Explore a new trail in Waterloo Region



Go geocaching!



Take part in a WOW Small Group Activity



Do a Scavenger or Gratitude Scavenger Hunt



Do some gardening



Collect \$50 in pledges



Ride a bike, scooter or skateboard



Do an exercise adventure or dance on YouTube



Kick a soccer ball, throw a baseball, shoot some hoops, play tennis or golf



Share with someone new what EAFWR means to you