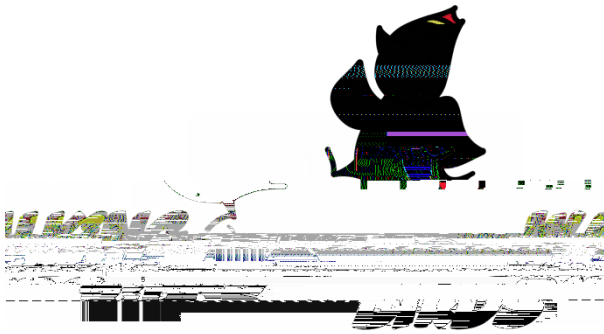


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["##\\$%&'\(\(\(\)*+,-./%0#/-1/2-:#3'\\$4556](#)
[Facebook @walkingbirdsmcgill](#)
[Instagram @walkingbirds!](#)

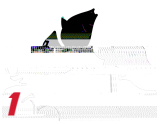
OTHER HELPFUL WEBSITES:

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{
! #' #'%#&'(: "8%&(<"/(>=1/8%10)4; +% '\$"?; 3(4&&0+3558+10?. %* 1\$% 1+78#(
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4&&0+35566678<\$/%8#58''' &/%A. &' /+G04; +%B#\$G#8&%1%&; (
{
! %A1&1+(J. 1A18(3(4&&0+3556667*%#A1&179878#51' 5\$%H% ?G6%&4G*%#A1&1+504; +%B#\$G#8&%1%&; 5(
{
@1#&4(K: B3(4&&0+35541#&47?"H5L"H1; ". /6#; (
{
)4; +%B#\$D%1/#8; 3(4&&0+35504; +%B#\$%1/#8; 78#5% 8\$. +%'' 5(
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)#/%B%DB! MF- N3(4&&0+35566670#/%B%D#8&' 78" L51' G8#(
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{

TIPS, GUIDELINES & OTHER PHYSICAL ACTIVITY RESOURCES:

@1#/#(#' *(&/"013(4&&0+355666741#/# #' * +&/"0178#5?1&G41#&4; 5+&#; G#8&H154" 6GL. 84G04; +%B#\$G
#8&%1%&; G*"G; ". G' 11*(
{
)#/%B%DB! MF- N3(4&&0+35566670#/%B%D#8&' 78" L51' G8#5/1+ ". /81+504; +%B#\$G\$%1/#8; (
{
! #' #'#P+(C""*(Q. %* 13(4&&0+355<""*G?. %* 178# ' #'#78#51' 5&%D+G<"/G41#&4; G1#&% ?504; +%B#\$G#8&%1%&; 5(
{
@1#&4(! #' #'#3(4&&0+35566678# ' #'#78#51' 50. A\$%B41#&45+1/H%B1+5A1% ?G#8&H15#8&%H1G
&/# ' +O"/&#&' 74&L\$(
{
)#&' &R(S"" &R#\$/mTT101Tf(; ".)TJETQq. 24000. 241862l. 92cmBT4608&XCtC49%TcTmTc11Tf(Reso&es)TJETQq. 24000. 24

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(
T% "GJ. 1A18(4&&035566670% "G9. 1A1879878#51&17#+0(
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PHYSICAL ACTIVITY RESOURCES FOR PEOPLE WITH DISABILITIES:

@1\$0(Q. %*13(4&&O+355666741\$0?. %*17"/?5#/&%8\$1+541#\$\$4; G\$%1% ?584#%/G1>1/8%-1+G#' *G\$L%1*GL''A%%; G
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4&&O+35566678*87?'H5' 8A***5*%#A%%; #' *41#\$\$45<1#&. /1+504; +%8#8%1%; G<"/G

MOBILE APPS:

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