



Ontario Society of Adlerian Psychology

3rd Annual Walkathon

**SATURDAY
JUNE 6, 2020**

TRUST ONLY MOVEMENT WALKATHON

Calvert Park - Brampton

374 Main Street North

(Behind Kingspoint Plaza near McDonalds and the Beer Store; south 5KM along Etobicoke Creek Trails and then back to Calvert Park)

Registration at 8:00AM

Walk Commences at 9:00AM Sharp!

Participation Fee: \$20.00

(will be waived if you raise \$100 or more)

The purpose of the event is to encourage individual, couples and families to improve their health and wellness through "Trust Only Movement Walkathon". It is also a fun activity to promote Adlerian psychology in the community, build connections and create a funding source to advance Adlerian Psychology in Ontario through activities and initiatives.

Walking and movement is good for your health!

This Walkathon takes place in partnership with the Walnut Foundation (a men's health support group in Brampton www.walnutfoundation.com)

You can also donate online. [**Donate Now**](#)

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**"Trust only movement. Life happened at the level
of events, not of words. Trust movement."**

~ Alfred Adler

