



7TH ANNUAL

# SPIN-A-THON

*Spinning our way to a healthier community.*

When you support the Comox Valley Spin-a-Thon, you're supporting our community's young and young at heart.

All proceeds from the annual Spin-a-Thon at the Comox Community Centre go to support Canadian Tire's JumpStart program to help local children participate in sports, as well as the Take Heart and Breathe Well Exercise Program for local residents who suffer from chronic heart & lung conditions.

**All dollars raised will stay in our community.**

Both JumpStart and Take Heart & Breathe Well give Comox Valley low-income residents and families the opportunity to play sports or attend vital wellness programs that can help prevent substantial health issues in the future in a fun and active way.

By partnering together for this event, JumpStart and Comox Valley Healthcare Foundation aim to encourage healthy lifestyles for young and old in our community, while bringing together a team-building and family-friendly atmosphere for all.

**Register your team today or become a sponsor, and help us spin our way to a healthier Comox Valley.**

Thank you!