


TIES AND CALGARY SPARTANS PRESENT

INTRODUCTION TO TRACK AND FIELD AND GOAL SETTING

Free One Week Training Program for
Newcomers Ages 12-24

*includes a free pair of running shoes!

 5:00 - 7:00 pm

 May 13-17 or May 27-31

 NW Calgary (Foothills Athletic Park)

For more information and registration:

healthyminds@immigrant-education.ca

587-393-3414



**Healthy
Minds**



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