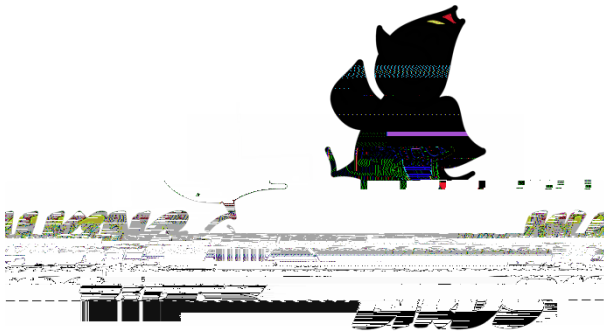


! ! ! ! ! ! ! !



!

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

**OTHER HELPFUL WEBSITES:**

! "#\$%&'()\*+,-./0#&'1/+23(4&&0+3556667890079878#51' 5((  
{  
! #' #\*%# (' : "8%&; <"/(>=1/8%10)4; +% '\$"?; 3(4&&0+3558+10?. %\* 1\$% 1+78#(  
{  
)4; +%#\$(# ' \*(@1#&4(=\* . 8#&' (! #' #\* #3((  
4&&0+3550418# ' #\* #78#(  
{  
! #' #\*%# ' () . A\$B(@1#&4(B++"8%#&' 3(4&&0+3556667804#78#(  
{  
! #' #\*%# ' (C% ' 1++(# ' \* (D%1+&; \$1(E1+1#/84(F' +&% . &13((  
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(  
{  
)#/%B%DB! MF- N3(4&&0+35566670#/%B%D#8&' 78" L51' G8#(  
{  
) : 018%#(-\$; L0%B+3(4&&0+3556667+018%#"\$; L0%B+78#(  
{  
) . A\$B(@1#&4(-' &#/'%3(4&&0+35566670. A\$B41#&4''' &#/'%78#51' 541#&4G&' O%B+541#&4G  
O/' L"&' 504; +%B#\$G#8&%1%&; (  
{

**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\*''C; ". 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\$B%G41#&45+1/H%B1+5A1% ?G#8&H15#8&%H1G  
&/# ' +0''/&#&' 74&L\$(  
{  
) : #' &R(S''' &R#\$(mTT101Tf(; ". )TJETQq. 24000. 241862l. 92cmBT4608&XCtC49%TcTmTc11Tf(Resoæes)TJETQq. 24000. 24

!



TCDUB() . ASB@1#3&43 4&&O+35566670<#0478#51' 541#&4; G\$%1% ?5#A". &GO4; +%B#\$G#8&%1%&; 7#+O>  
(  
T% "GJ. 1A18(4&&035566670% "G9. 1A1879878#51&17#+O(  
{  
I %A1&1+(J. RA18

**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  
<% ' 1++74&L(  
(

! 1' &1/<"/(I %1#+1(! "" &/"\$# ' \*O)/1H1' &%'' 3(  
4&&O+35566678\*87?'H5' 8A\*\*\*5\*%#A%%; #' \*41#\$\$45<1#&. /1+504; +%8#8%#8&%1%; G<"/G

**MOBILE APPS:**

S;C% 1++)#3(4&&0+3556667L;<% 1++0#78" L5(  
(  
S#0(S;\#03(4&&0+3556667L#0L;6#078" L5#005(  
(