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**Conservation Ontario** and Ontario's **36 Conservation Authorities** challenge you to spend time hiking in over **270 Conservation Areas** and track your progress for a chance to win great prizes!

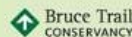
*Healthy Hikes* will teach you about the ways our environment boosts your health and how you can energize your body and mind by Stepping into Nature.



**P.S. Register** before the challenge begins on May 1st and receive 100 Bonus Points towards your *Healthy Hikes* goal!

[www.HealthyHikes.ca](http://www.HealthyHikes.ca)

In partnership with:



David Suzuki Foundation



Canadian Mental Health Association  
Mental health for all



Try it FREE today.