



# Walk. Run. Hike.

Help Millions.



We will help you every step of the way.

## 2005-2006 SASKATCHEWAN DESTINATIONS

**NEW**

**CONQUER THE CANYON**  
Hike in the Grand Canyon  
September 2005

**LAUSANNE, SWITZERLAND**  
Half & Full Marathon  
October 2005

**WALT DISNEY WORLD MARATHON**  
Half & Full Marathon  
January 2006

**OR**

**CHOOSE YOUR OWN LOCATION**  
*"Anywhere in the World"*

Call us at  
**1.800.321.1433**  
306.352.3468 (Regina) or 306.244.4755 (Saskatoon)



**Global** LEADER-POST  
The StarPhoenix

**Find out more**

Call **1.800.321.1433** or visit our website at  
[www.arthritis.ca/jointsinmotion](http://www.arthritis.ca/jointsinmotion)



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**adians with arthritis.**

# Triumph.

Triumph by achieving your own personal goals and by helping those who cannot help themselves. Your strides will not only test your physical and mental endurance but will also raise money for arthritis research and programs. Walk, run or hike and help over 4 million Canadians with arthritis.

**“ Its amazing how participating in Joints in Motion can turn what at first seem to be insurmountable challenges into extraordinary accomplishments. The whole experience is truly affirming and life-changing. ”**

*— Jessica Osborne*

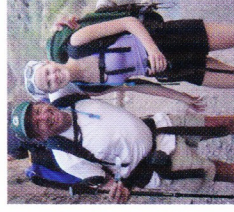


NEW JOINTS IN MOTION EVENT

## Hike for Hope Conquer the Canyon

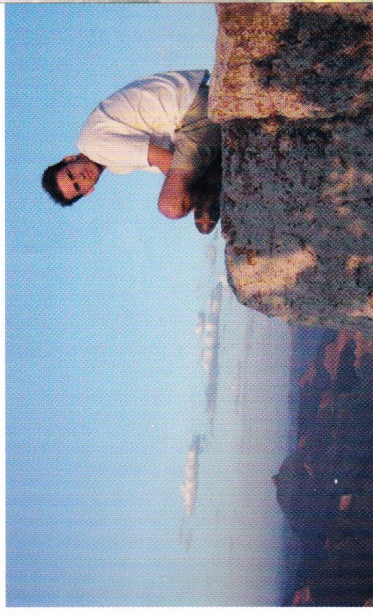
The Arthritis Society's Joints in Motion Training Team now offers a new Hiking program to their signature event series.

- Participants will train to complete a one-day hike in the spectacular Grand Canyon.
- Training Program tailored for the hike
- Guides provided to lead your team
- Allows hikers of all ages and fitness levels, from beginner to experienced, to choose their personal adventure to Conquer the Canyon



*Space is limited. National parks limit the number of people that each trail can accommodate.*

**CONQUER THE  
CANYON**



Images supplied by the Walking Connection

## How do I join?

Call 1.800.321.1433 or visit our website at [www.arthritis.ca/jointsinmotion](http://www.arthritis.ca/jointsinmotion)

*Join The Arthritis Society to provide hope through education, support and solutions for people with arthritis*

