## LA GRANDE RANDONNÉE PARKINSON CANADA SUPERWALK

## EVERYDAY HEROES. EXTRAORDINARY HOPE.

Hey Kids (or Adults) picture yourself as a SuperHero with this make your own hero colouring/drawing page!

## DID YOU KNOW?

Colouring can help adults de-stress, relax, reduce anxiety and help with coordination and fine motor skills. If you don't meet the contest criteria, consider completing the page for some SuperWalk colouring therapy!

Mail to: 316-4211 Yonge St. Toronto, ON M2P 2A9

