



SPRINGTIME HILL CLIMB

Saturday April 20th 2019

11:00am-3:30pm

XIP Training Systems and **Northern Physical Therapy** have joined forces to create our first annual Springtime Hill Climb! This event will be a team relay where teams of four will spend two hours lapping the **Lyndon Outing Club** and getting in as many loops as they can before the timer goes off. All proceeds from the event will be donated to NEK Prosper's efforts to help **benefit Suicide Prevention**.

Every team will be given a brick that each climber is responsible for carrying with them - this brick represents the weight of mental illness on those who might be suffering and in need of help. With prevention tactics **the goal is for every person to be able to relieve this burden and feel supported by the team around them.**

\$100 for team of four - \$25 per individual - Children up to the age of 13 can register and participate for free

Please visit Facebook to find out more and to register:

<https://www.facebook.com/events/2417400804959075/> or search Facebook events for **Springtime Hill Climb**