

# Wayne McGuinness' Cross Canada Cycle For Mental Health Awareness

Wayne McGuinness is biking across Canada to raise awareness for mental health.  
He begins his journey on July 1, 2010 and will finish on August 9, 2010.



The Canadian Mental Health Association Manitoba Division  
Invites You To Our:

## Community Barbeque

Tuesday August 3, 2010  
3:00 p.m. to 5:00 p.m.  
Bonny Castle Park  
278 Assiniboine Ave  
(Across the street from FACES)

**Come out and meet Wayne  
and enjoy food, refreshments, and live entertainment by  
Bill Dowling!**



**EVERYONE IS  
INVITED AND  
WELCOME TO  
ATTEND!**

**Thank you to our sponsors:**  
Live Music courtesy of Bill Dowling  
Barbeque courtesy of Manitoba Pork  
Beverages courtesy of Pepsi Cola  
Chips courtesy of Old Dutch

For pledge information go to [www.cmha.ca](http://www.cmha.ca)  
Wayne's complete western province bike route can be  
found on his web page at:  
[www.rideforcancer.yolasite.com](http://www.rideforcancer.yolasite.com)