

PLEDGE INFORMATION

For pledge information go to
www.cmha.ca:

- On the **Media and Events** menu at the top of the page
Click on **National Events**
- Scroll down to **Wayne McGuinness' Cross-Canada Cycle for Mental Health Awareness**

Or, for your convenience, please see
back of pamphlet for a pledge form.

Donations will also be accepted on site
during the BBQ!

Proceeds going to the
Canadian Mental Health Association
or other mental health programs of your
choice

FOR YOUR CONVENIENCE

PLEDGE FORM

Sponsor Name:

Address:

Phone Number:

Amount Pledged:

Tax Receipt:

Yes__ No__

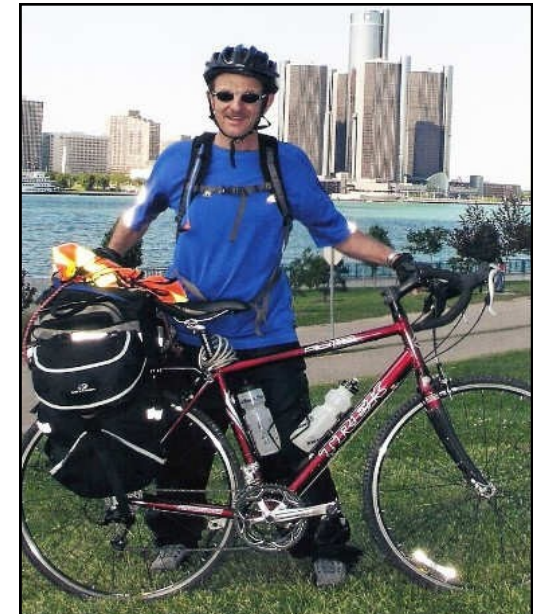
DONATION RECIPIENT

- Manitoba Division
- Burntwood Region
- Central Region
- Eastman Region
- Interlake Region
- Norman Region
- Parkland Region
- Westman Region
- Winnipeg Region

Please mail, drop off, or fax pledge form to:

The Canadian Mental Health Association
Manitoba Division
4 Fort Street, Suite 100
Winnipeg, Manitoba R3C 1C4
Tel: (204) 953-2350
Fax: (204) 772-4969
E-mail: info@cmhamanitoba.ca

Wayne McGuinness' Ride For Mental Health Awareness



CANADIAN MENTAL
HEALTH ASSOCIATION
L'ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE

ABOUT WAYNE

Wayne, along with his late wife's son, Shawn, have been living with mental health challenges and learning disabilities for most of their lives.

Wayne is a very committed individual. His ride began on July 1, 2010 and will end on August 9, 2010. To accomplish his endeavor in support of individuals with a mental illness he has set aside \$5,000 of his personal savings. He will also be collecting pledges during his ride. The proceeds will go to the CMHA or mental health program of the donator's choice.

For more information, contact Wayne McGuinness at 519-756-2948 or, the Canadian Mental Health Association - Brant County Branch at 519-752-2998, ext. 112

Wayne's complete western province bike route can be found on his web page at:
www.rideforcancer.yolasite.com

SCHEDULE

Wayne will be arriving in Winnipeg on the 2nd of August and has a rest stop planned for the 3rd of August.

- July 30: Whitewood to Virden
- July 31: Virden to Brandon
- Aug 1: Brandon to Portage La Prairie
- Aug 2: Portage La Prairie to Winnipeg
- Aug 3: Rest day in Winnipeg
- Aug 4: Winnipeg to Falcon Lake
- Aug 5: Falcon Lake to Keewatin/Kenora



COMMUNITY BARBEQUE

Help support Wayne on his ride!

Tuesday August 3, 2010

3:00 p.m. to 5:00 p.m.

Bonnycastle Park

278 Assiniboine Ave

(Across the street from FACES)

Live music courtesy of Bill Dowling
Barbeque courtesy of Manitoba Pork
Beverages courtesy of Pepsi Cola
Chips courtesy of Old Dutch Foods

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

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

Thank You!

To our sponsors...

