

# April 24 – June 4, 2017

## Get Out, Get Active Challenge is back!

  
**Get Out Get Active**  
WITH PRIMARY CARE NETWORKS



### New virtual experience!

Get Out, Get Active and learn **why** physical activity is so important for your health. Record activity each week to see your character transform and discover the impact being active has on your body.

- Registration opens: **March 13, 2017**
- Challenge runs: **April 24-June 4, 2017**
- **New** website and activity tracking system
- **New** registration options open to individuals, groups, business, classrooms and more
- Participating has never been easier and it's free!

The challenge is open to everyone regardless of how active you are. Register today and return to life!

[www.GetOutGetActivePCN.com](http://www.GetOutGetActivePCN.com) #GOGAwithPCNs



  
**PrimaryCare  
Networks**

#GOGAwithPCNs

Alberta Heartland  
Bighorn  
Camrose  
Edmonton North  
Edmonton Oliver  
Edmonton Southside  
Edmonton West  
Grande Prairie

Highland  
Kalyna Country  
Lakeland  
Leduc Beaumont Devon  
Lloydminster  
Peace Region  
Peaks to Prairies

Red Deer  
Sherwood Park  
Strathcona County  
St. Albert and Sturgeon  
WestView  
Wolf Creek  
Wood Buffalo



 **Alberta Health  
Services**