

THE COUNTY OF RENFREW IS ONCE AGAIN CHALLENGING YOU
TO PARTICIPATE IN THE

SILVER CHAIN CHALLENGE



The Silver Chain challenge is a friendly competition during the month of June, between a growing number of participating communities from across Eastern Ontario to inspire and promote more active, safer and healthier communities.

Belleville, Hastings, Lanark, Prince Edward County, Quinte West & Renfrew County have participated in the past. This year, we would like to encourage even more community members to walk, run, bike and wheel on our trails and roads, creating safer communities and having fun.

This invitation extends to all members of your community, including schools, seniors' clubs, workplaces, families, municipal councils, emergency services and anyone in your area who may be interested in improving their physical and mental health. Our goal is to inspire people of all ages, abilities and backgrounds to participate.

**LET'S WORK TOGETHER TO EFFECTIVELY ENGAGE OUR COMMUNITIES TO
IMPROVE BOTH PHYSICAL AND MENTAL HEALTH!**



www.silverchainchallenge.ca

#SilverChain2019

2019 Online registration is available June 1-30

For more information, contact Tracy Carson at tcarson@countyofrenfrew.on.ca

**Register TODAY and start
clocking your kilometres.
Start small and log each
trip!**