



Stay Home - Stay Safe - Stay Active!



PRACTICE PHYSICAL DISTANCING. STAY HOME IF YOU ARE NOT WELL.
WASH HANDS BEFORE AND AFTER ATTENDING ANY PROGRAM.

Celebrate Canada Day in your own backyard !

Let's celebrate our Canadian pride the safe way by staying home and showing off our Canada Day paraphernalia. Decorate your home, backyard, kids, bikes, cars, and pets. Send your best photo to tanya.kaul@cvrd.bc.ca to enter to win one of ten gift cards to local area businesses or a sweatshirt sponsored by the Cowichan Lake District Chamber of Commerce. Photo competition closes July 4 and winners will be contacted by July 17.

All Ages

Wednesday | July 1
All Day

Location: Your Home

Ideas:

- Dress in red and white
- Display flags
- Decorate homes, pets, bikes
- Run, hop, skip, jump, climb, dance, or dodge to practice skills that will help you be active for life!

For more information please call:
Cowichan Lake Recreation at 250.749.6742 ext 0 or 3600