The Vermilion Wellness Coalition invites you to:

**Get Outdoors for GO! Weekend April 8-10, 2016**

Alberta Get Outdoors (GO!) Weekend happens each year on the second weekend of April. No rules, no fuss. It’s just about getting outdoors and having fun after a long winter. Why? Participation in outdoor recreation is good for us mentally and physically. Whatever the weather, just being outside in the fresh air can be really energizing and mentally refreshing. Keep it simple by planning low cost activities that don’t require a lot of equipment; that way, more people can join the fun!

In Vermilion, you can win a great family fun prize by sending us a picture of you and/or your family engaged in a healthy activity during Get Outdoors Weekend! The picture must be taken during an activity taking place on the 8th, 9th, or 10th of April, 2016. Email your pictures to info@vermilion.ca with “Get Outdoors Contest” in the subject line. Some examples of activities include:

- Walk your dog (or borrow your neighbour’s—with permission, of course)
- Visit a playground
- Ride your bike, rollerblade or go skateboarding
- Play tag!
- Go birdwatching!
- Grab some friends and play a game: Soccer, Frisbee, football, street hockey, whatever you like!
- Explore your backyard and get in the spring spirit by taking out all your lawn furniture.
- Go hiking in the Vermilion Provincial Park!
- Move your gym routine outdoors to our outdoor fitness park!
- Go puddle jumping!
- Gather your lawn and garden tools, pick up a seed catalogue, and start planning your garden and yard work for spring and summer.
- GO on a GO Weekend Geocaching adventure near you, find details at [https://www.geocaching.com/play](https://www.geocaching.com/play) (Geocaching is a sport used to find hidden gems in the outdoors using GPS coordinates with a free application on your phone or a GPS device)