





Walk for Mental Health

## REGISTRATION FORM

I will be participating in:

- 1 km Walk
- 2 km Walk

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

I am participating as an individual.

- 12 & Under
- 13-18
- 19+

OR

I am participating as part of a

Team/Family:

Team Name: \_\_\_\_\_



SCAN TO REGISTER  
ONLINE TO TRACK  
YOUR FUNDRAISING!

<https://niagaralifecentre.ca/events/walk-2026/>



### Walk Location:

**NIAGARA LIFE CENTRE (NLC)**

65 Lakeshore Rd, St. Catharines, ON

### Event Parking location:

**St. John Ukrainian Catholic Church**

91 Lakeshore Rd, St. Catharines, ON

### Event Schedule:

- 9 - 9:45 am - Registration
- 10:15 am - 2 km Walk Begins
- 10:30 am - 1 km Walk Begins
- 11:00 am - Lunch Begins



### EVENT DAY CHECKLIST



What to bring to the event:

- Registration and pledge form, with monies collected
- Re-useable water bottle
- Wear you NLC-t-shirt from past years

## WHAT TO EXPECT!

This family friendly event has activities for everyone including a fun warmup, face painting, balloon twisting, games, snacks, lunch, and awards for top pledges, highest team/family attendance & more! This event will be held rain or shine, so please come dressed for the weather!

HELP | HOPE | HEALING

## WAIVER FORM

WAIVER: In consideration of my accepting this entry, I hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims that I may have against Niagara Life Centre, its Board of Directors, its employees, and any other involved in the event. I know that walking is a potentially hazardous activity. I should not enter a walk unless medically able and properly trained. I assume all risks associated with participating in this event, including, but not limited to falls, contact with other participants, the effects of the weather, traffic, and the conditions of the road. All such risks being known and appreciated by me. If the participant is under 18 years of age, a legal parent or guardian must sign this waiver.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## PHOTO/VIDEO CONSENT

CONSENT: I consent to being photographed/filmed by NLC and agree that all images may be used for promotional purposes across all media platforms without compensation. I understand that consent can be revoked by me at any time by emailing \_\_\_\_\_ NLC \_\_\_\_\_ at admin@niagaralifecentre.ca. If the participant is under 18 years of age, a legal parent or guardian must sign this waiver.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## ABOUT US

Niagara Life Centre is a vibrant, visible, Christian organization caring for families and individuals by offering hope, help and healing. We provide practical and compassionate care through counselling, guidance and support for the emotional, social, physical and spiritual needs of those we serve.

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