



Ganzee 5K Walk

The Island Shop

Sunday, Dec. 4th | 7am



Walk 4 a Healthy Heart

Walk with us in support of the Heart & Stroke Foundation

► **Start: Bay Street Esplanade**

Route includes the historic Garrison area and the scenic coastline of Drill Hall Beach, Needhams Point and Pebbles Beach.



Fat to Finish
'A Bajan Story'

Follow the journey of 12 Barbadian women in pursuit of a healthier lifestyle on the Heart Foundation Facebook page.



Enter online or at Box Office locations: Cave Shepherd (Broad Street, Sheraton Centre, West Mall, Vista Store) or at Pages Bookstore in Warrens.

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