

# Bill's Push for Mental Health

Lace up your runners and join Bill as he walks across the province this summer to raise funds and awareness for mental health services in the province.

Color 1 block for every 5kms you complete. 10 mins of activity is equal to 1km.

You too can explore Newfoundland while raising awareness for mental health services.

Port Aux Basque	10	15	20	25	30	35	40	45	50	55	60	65	70
75	80	85	90	95	100	105	110	115	120	125	Stephenville	135	140
145	150	155	160	165	170	175	180	185	190	195	200	Corner Brook	210
215	220	225	230	235	240	245	250	Deer Lake	260	265	270	275	280
285	290	295	300	305	310	315	320	325	330	335	340	345	350
355	Springdale	365	370	375	380	385	390	395	400	405	410	415	420
425	430	435	440	445	450	455	GFW	465	470	475	480	485	490
495	500	505	510	515	520	525	530	535	540	545	550	Gander	560
565	570	575	580	585	590	595	600	605	Glovertown	615	620	625	630
635	640	645	650	655	660	665	670	675	680	685	690	695	Clarenville
705	710	715	720	725	Gobbies	735	740	745	750	755	760	765	770
775	780	785	790	795	Whitburne	805	810	815	820	825	830	835	840
845	850	855	860	865	870	875	880	885	890	895	900	St. Johns	

I'm Proud To Say I Completed  
                     Kms

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