

A Walk 'n' Roll like no other!

**Help us #ConquertheCurve by joining our 13th Annual Walk 'n' Roll
June 1 - June 20, 2020**

COVID-19 won't stop us from walking and rolling for [After Stroke](#) and our [Aphasia and Disabilities Communication Program](#) (ACDP) – we'll just do it online!

This year, you can participate from the comfort and safety of your own home **anywhere in Canada!** Whether you're on the east coast, the west coast, or somewhere in between, you can get involved.

Since we can't get out and active in our communities, we're issuing the **20 for 20 challenge**. Here's how it works:

- Challenge yourself to do an activity or exercise 20 times, or for 20 minutes, for 20 days. It can be 20 jumping jacks, strolling around your yard for 20 minutes, or anything else you like.
- Ask your family and friends to pledge donations.
- Complete your challenge every day between **June 1 and 19**.
- Collect donations.
- Join us for a Zoom celebration on **June 20**.

That's how easy it is!

All funds raised will go to After Stroke and ACDP as part of our [#ConquertheCurve campaign](#). Canadians living with disability face a crisis right now, and we want to conquer that COVID-19 curve by making sure we're there with the services they rely on, including After Stroke and ACDP. Visit conquerthecurve.ca to find out more.

Help us reach our goal of \$70,000!

Walk'n'Roll has raised over \$435,000 since it started, and we want to raise another \$70,000 this year. With your help, we can do it!