

# THANK YOU!

On behalf of Up and Running Guelph and the community we serve, thank you for joining us for our signature community event, Country Rumble presented by Co-operators, Brad Barbour Insurance Group.

Exercise and time in nature are increasingly recommended by health professionals as part of prevention, early intervention, and treatment plans for depression and anxiety.

Thanks to the generous support of our sponsors, donors, volunteers, and YOU, Up and Running Guelph is able to offer nature-based walking and running programs that provide a positive space for people to feel safe and supported as they take steps to improve their mental health.



Brad Barbour Insurance Group Inc.



**Keep what matters safe.  
Save for what matters.**

**Brad Barbour**  
Financial Advisor/Owner  
Brad Barbour Insurance Group Inc  
519-763-2667 [cooperators.ca/local/brad-barbour-insurance](https://cooperators.ca/local/brad-barbour-insurance)

Investments. Insurance. Advice.



### 2023 Event Committee

Kelly Legge, Jim McEachern, Meghan Muffels, Shirley Hunt, Heather Brown, Ashley Burr, Nora Sleeth, Angela Delodder



Presented by



Brad Barbour Insurance Group Inc.

In support of



# Run, walk or ride for mental health

SEPTEMBER 17, 2023  
11AM - 4PM

Arboretum Centre  
University of Guelph



[upandrugginguelph.ca](https://upandrugginguelph.ca)

## WHAT'S HAPPENING

### Live Music Event at the Arboretum Centre

11:00 || Welcome!  
11:10-11:55 || Dan McLean Jr  
12:10-1:20 || Broadband  
1:35-1:45 || Up and Running Guelph presentation  
1:45-2:30 || Michelle Munroe  
2:30-2:45 || Morgan Lee  
2:50-4:00 || Grand River Band

### Workshops & Locations

Ten Tall Trees with Yorklands Green Hub – 11:15am English Garden  
I Spy Nature with Walnut Forest Academy – 12pm The Gazebo  
Flat Fix Workshop with Speed River Bicycle – 11:15am/2pm SRB Tent  
Mysteries of the Meadow with Dan the Nature Man – 1pm The Gazebo  
Guelph Enabling Garden – 2:15pm Japanese Garden  
Guelph Hiking Trail Club - 1pm - Japanese Garden



## SILENT AUCTION

### To Register

1. Visit: [galabid.com/countryrumble2023](https://galabid.com/countryrumble2023)
2. Click on the "Register" button
3. Enter your details and click 'Register'
4. Follow instructions to complete registration
5. You are now ready to bid



Scan to register via  
browser or view items

\*One roundtrip flight for two guests to any regularly scheduled and marketed WestJet destination  
No cash value. Taxes, fees, and surcharges are not included. Blackout dates and restrictions apply.

## WORKSHOPS

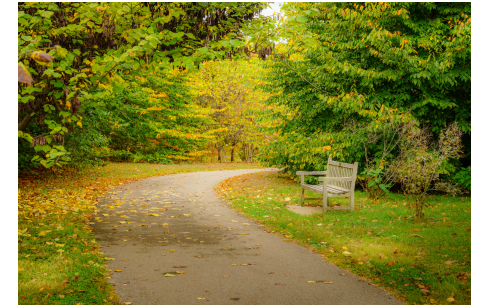


Join Walnut Forest Academy for some creative family fun with an activity of *I Spy Nature*. This scavenger-hunt-inspired experience will have children and their families looking high and low, up close and far away to discover the natural world around them. This will be followed with a nature craft by using items found during the activity.



Join Dan the Nature Man for *Mysteries of the Meadow*. On this guided walk through the meadow, you will discover the beautiful flowers and weird and wonderful animals that call a meadow "home". Among the bright colors of goldenrod and asters, we will find, with the help of sweep nets, a great diversity of insects, spiders, and other creatures that often remain hidden. Kids (and kids at heart!) will have fun collecting and identifying these fascinating bugs with the help of apps and a bug bingo game.

Join Heidi from Guelph Enabling Gardens for *Connecting with Nature*. During this fun, hands-on workshop, you will follow the science and engage your senses as you explore easy, accessible ways of bringing nature connection into your everyday life. Heidi will help you discover new ways of connecting with nature and will share fun and interesting facts about how and why the natural environment is so beneficial to our mental well-being.

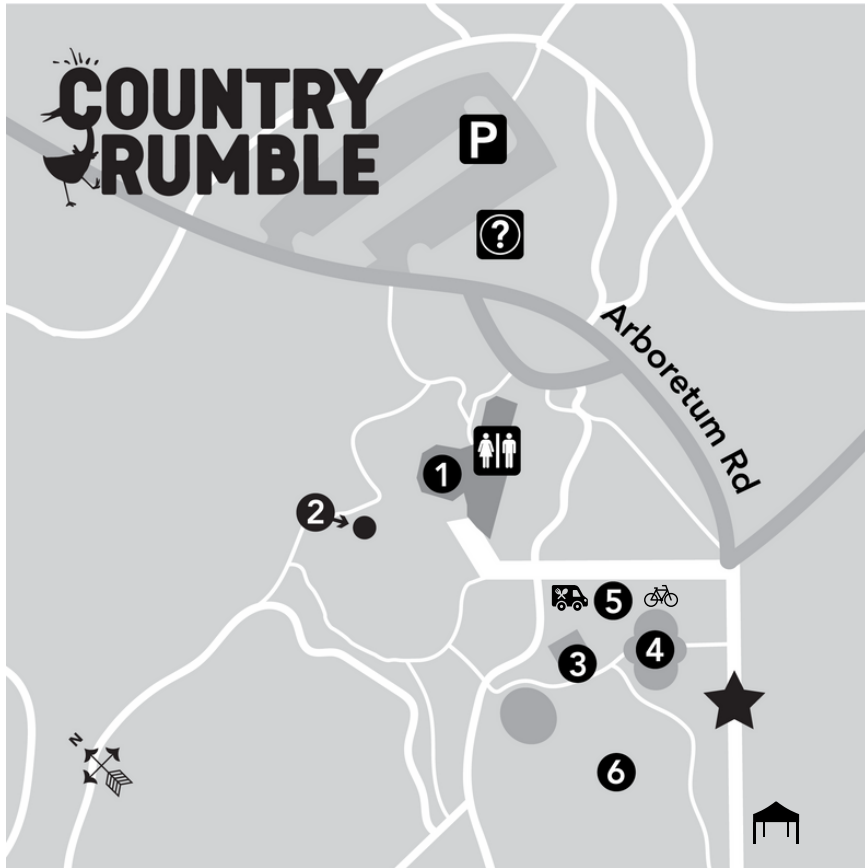


Join Yorklands Green Hub and discover *Ten Tall Trees*. During this guided walk throughout the Arboretum, you will have fun learning about top trees and the role keystone trees play in the food cycle. Be prepared to put your knowledge to the test for a chance to win a cool prize!

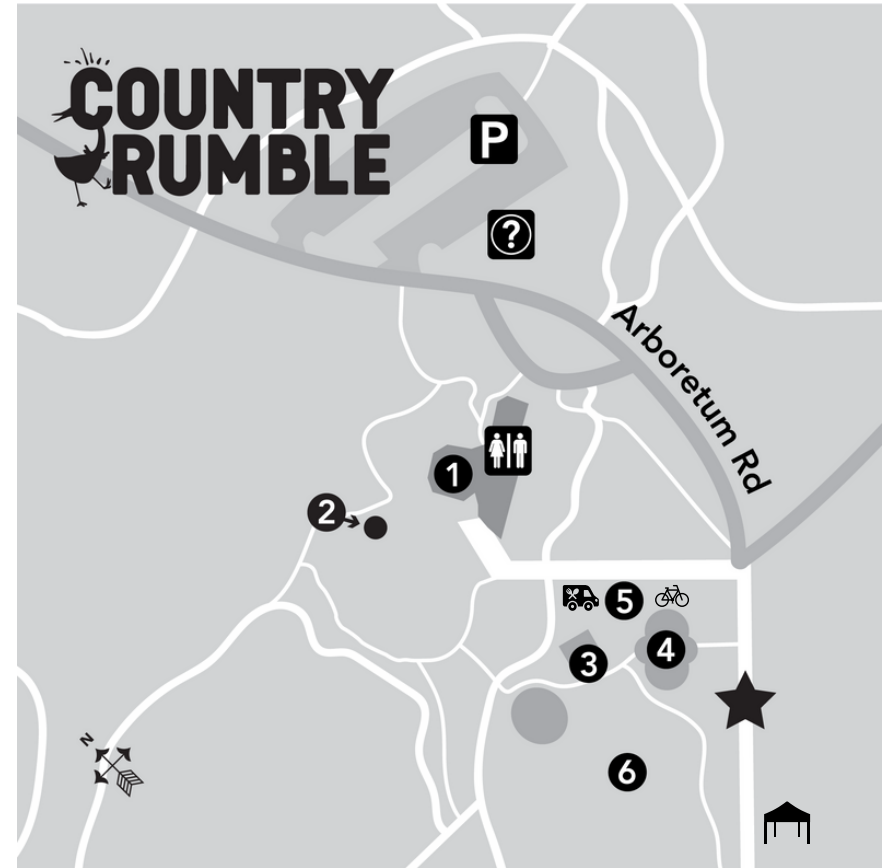


Join the team from Speed River Bicycle for a *Flat Fix Workshop*. This workshop is designed to provide you with hands on practice to tackle your next flat tire with confidence!

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- 1 Arboretum Centre – live music inside
- 2 Gazebo – I Spy Nature & Mysteries of the Meadow
- 3 Japanese Garden – Connecting with Nature
- 4 English Garden – Ten Tall Trees
- 5 Speed River Bicycle – Flat Fix Clinic
- 6 Outdoor Canteen (snacks & non-alcoholic beverages)
- Washroom
- ★ Start / Finish (Run/Walk/Ride for Mental Health)
- Bike Racks
- Food Truck
- First-Aid Tent



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