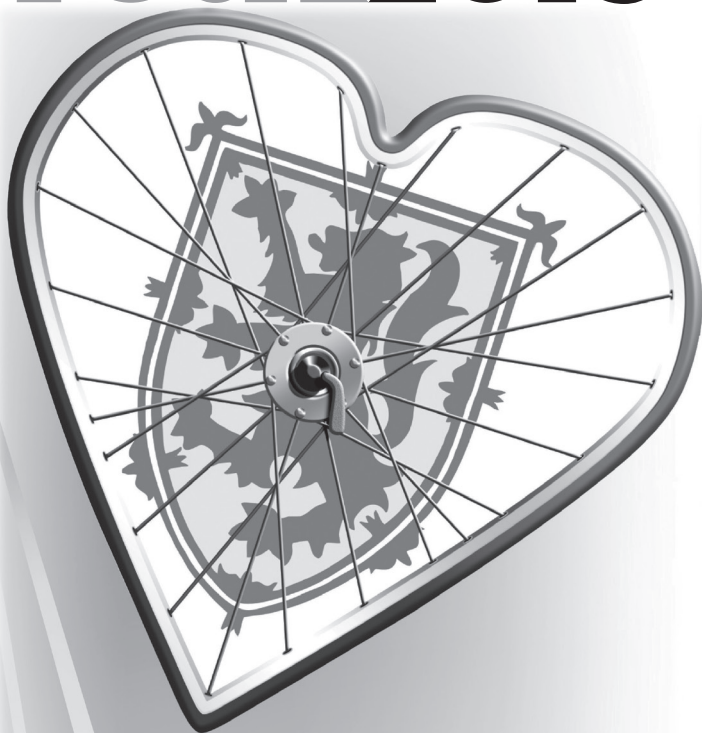


# HeartLand TOUR 2015



## July 4-10, 2015

The HeartLand Tour Core Team will host  
all-day events in these areas:

**July 4**  
*Halifax*

**July 5**  
*Truro*

**July 6**  
*Sydney*

**July 7**  
*Antigonish*

**July 8**  
*New Glasgow/  
Pictou County*

**July 9**  
*Bridgewater*

**July 10**  
*Yarmouth*

Participation is free.

Do your part to help promote a fun and healthy lifestyle  
for Nova Scotians. Create a healthier You,  
one kilometer at a time.

For information and registration visit [www.heartlandtour.ca](http://www.heartlandtour.ca)

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