



RENFREW  
VICTORIA  
HOSPITAL  
FOUNDATION

## GRAND ROUNDS

### Make a difference for 1 in 8 women who will be diagnosed with breast cancer

You can help promote awareness about breast cancer and raise support for RVH mammography by putting on your walking shoes and showing up at Low Square on October 6.

The 9th annual RVH walk/run will be a little more scenic along main street Renfrew this year, with members of the Renfrew BIA decorating their windows in theme with the event.

“The BIA and the downtown merchants are excited to be a part of the RVH Foundation’s Put Your Breast Foot Forward 5k walk in support of RVH Mammography. We are holding a contest among merchants to decorate their windows to show our support for the cause that has touched

so many of us. We are excited to see a sea of pink in Downtown Renfrew on Sunday October 6 and hope that our merchant’s window displays add further impact to the event,” said Jean Hughes, Chair of the Downtown Renfrew BIA.

Join the sea of pink! Pre-register at the Foundation office, or online at [www.RunningRoom.com](http://www.RunningRoom.com) (go to *races*, select *race search options*, select *October 6*, select *Put Your BREAST FOOT FORWARD 5K* and click *register*), or register at Low Square on walk/run day at noon. The cost is \$20 per person and the first 200 participants will receive a t-shirt. Children under 12 are free or \$10 with a t-shirt.



Registration is open and you are invited to join the ‘sea of pink’ for the annual RVH Put Your BREAST FOOT FORWARD walk/run on Sunday October 6.

Register to run at the Foundation office, or online at [www.RunningRoom.com](http://www.RunningRoom.com)