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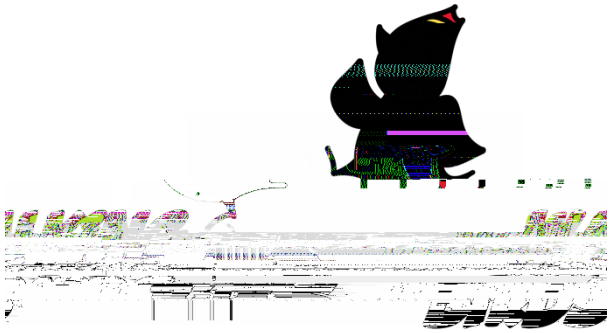

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Facebook @walkingbirdsmcgill
Instagram @walkingbirds!

OTHER HELPFUL WEBSITES:

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TIPS, GUIDELINES & OTHER PHYSICAL ACTIVITY RESOURCES:

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PHYSICAL ACTIVITY RESOURCES FOR PEOPLE WITH DISABILITIES:

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