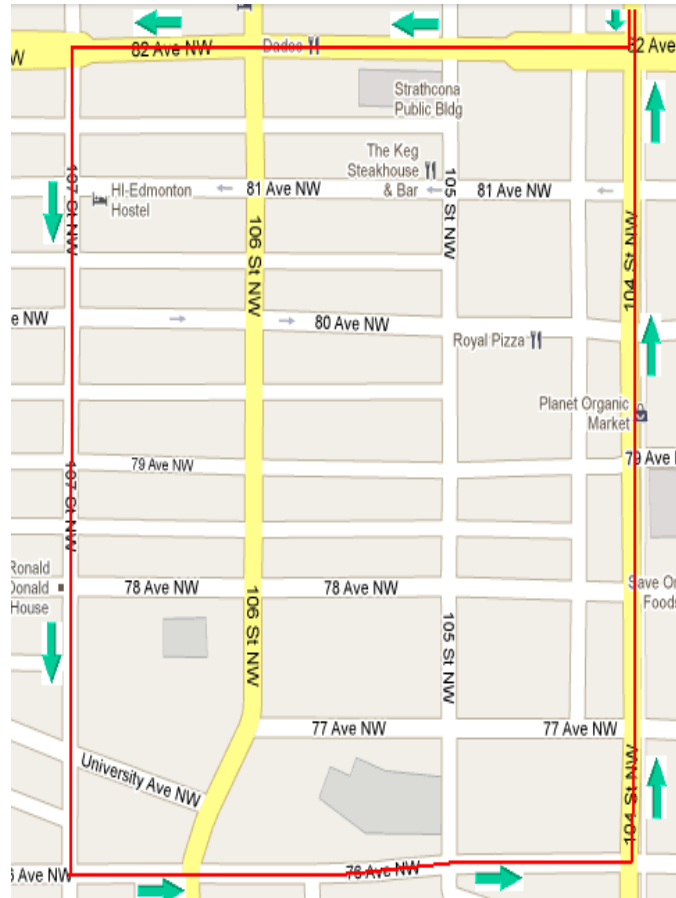


HOSTED BY THE  
SAI BABA CENTRE  
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[www.walkforvalues.com/  
edmonton.php](http://www.walkforvalues.com/edmonton.php)



# WALK FOR VALUES



“WALK THE TALK”

Saturday, June 4, 2011  
@ 1:00 p.m.

Assembly at:  
McIntyre Park  
83 Ave & 104 Street

On-site Registration  
@ 12:30 p.m.

# WALK FOR VALUES

## INTRODUCTION

Welcome to the 7th annual Walk for Values in Edmonton. This Walk is taking place internationally and in various major Canadian cities.

The purpose of the 2011 Walk for Values is to instill in ourselves Human Values for the betterment of our family, our community and for humanity at large.

**"A Walk for Me, My Family, My Community & My Planet"**

## HOW IS THIS WALK DIFFERENT?

This Walk is different because we do not ask for monetary pledges. We ask all participants to pledge to practice one of the five values or sub-values. The Walk will raise awareness of the five values and help promote their practice for the betterment of ourselves and humanity.

Mahatma Gandhi once said:

**"You must be the change that you wish to see in this world".**

Remember that by walking for yourself and your values, you are becoming the change Mahatma Gandhi wants us all to be.

# PARTICIPATION

## WHO CAN PARTICIPATE?

The Walk for Values is open to everyone. Families, friends and community groups are encouraged to participate. Parents are asked to pledge the practice of one of the Five Values with their children and participate in the Walk.

## WHAT DO WE PLEDGE?

We pledge to practice one or more of the following values or sub-values:

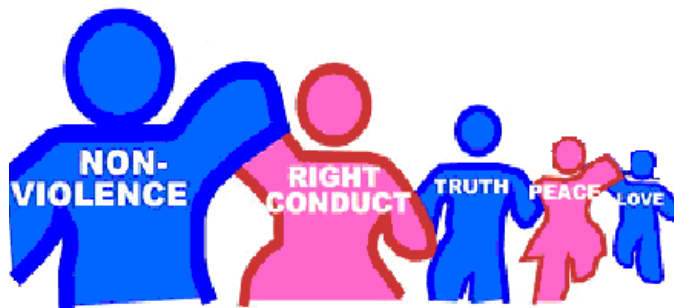
**Love:** Caring, compassion, reverence, forgiveness, generosity, kindness, enthusiasm, dedication, devotion, unity, patience.

**Truth:** Honesty, integrity, intuition, curiosity and understanding.

**Peace:** Contentment, discipline, humility, patience, satisfaction, self-control, self-confidence, self-respect, understanding and modesty.

**Non-violence:** Gentleness, consideration, cooperation, brotherhood, equality, cultural respect, social justice, conservation.

**Right conduct:** Courtesy, gratitude, perseverance, helpfulness, responsibility, sacrifice, initiative, leadership, courage, duty and ethics.



# REGISTRATION

## REGISTRATION

Registration and participation are free.

All participants are encouraged to register at [www.walkforvalues.com/edmonton.php](http://www.walkforvalues.com/edmonton.php)

You may also register at the start of the Walk on Saturday, June 4, 2011 @ 12:30 p.m.

Please assemble at McIntyre Park (83 Ave. and 104 St.) @ 1:00 p.m. Walk will begin with opening ceremonies and conclude with refreshments.

## WALK FOR VALUES T-SHIRTS

T-shirts with the Walk for Values logo will be available for sale for \$10.00 on the day of the Walk.

## ROUTE

See route map on the reverse side.

**From McIntyre Park (104 St and 83 Ave)**

- go south on bus lane to 82nd Ave
- west on 82 Ave to 107 St
- south on 107 St to 76 Ave
- east on 76 Ave to 104 St (Calgary Trail)
- north to McIntyre Park (104St and 83 Ave)