



# Champlain Park Spring Clean Up



Time to limber up and to get ready to stoop, scoop, lunge and squat our way to a cleaner community!

It's a great way to get some exercise and help make our neighbourhood beautiful at the same time.

**When:** April 23<sup>rd</sup> (in case of rain April 30<sup>th</sup>)

**Where:** meet outside the Champlain Park fieldhouse at 10am and pick up a garbage bag and gloves. We'll also provide snacks to tide you over!

**What:** Choose a part of the neighbourhood and pick up any garbage you see and make our neighbourhood clean and beautiful. Dispose of the garbage bag with your normal household garbage/recycling/composting.

For more info see: [champlainpark.org](http://champlainpark.org)

