

Bluewater Area Family Health Team Adventure Wellness Passport

Trail Name	Date Completed



*To print your Adventure Wellness Passport, set your printer settings to print “double sided” on the “short” side

Jump Into Wellness this Summer!

Please print and complete the BAFHT Adventure Wellness Passport.

With each completed hiking trail, you will be entered into our DRAW. There are 3 AWESOME prize bundles to be won!

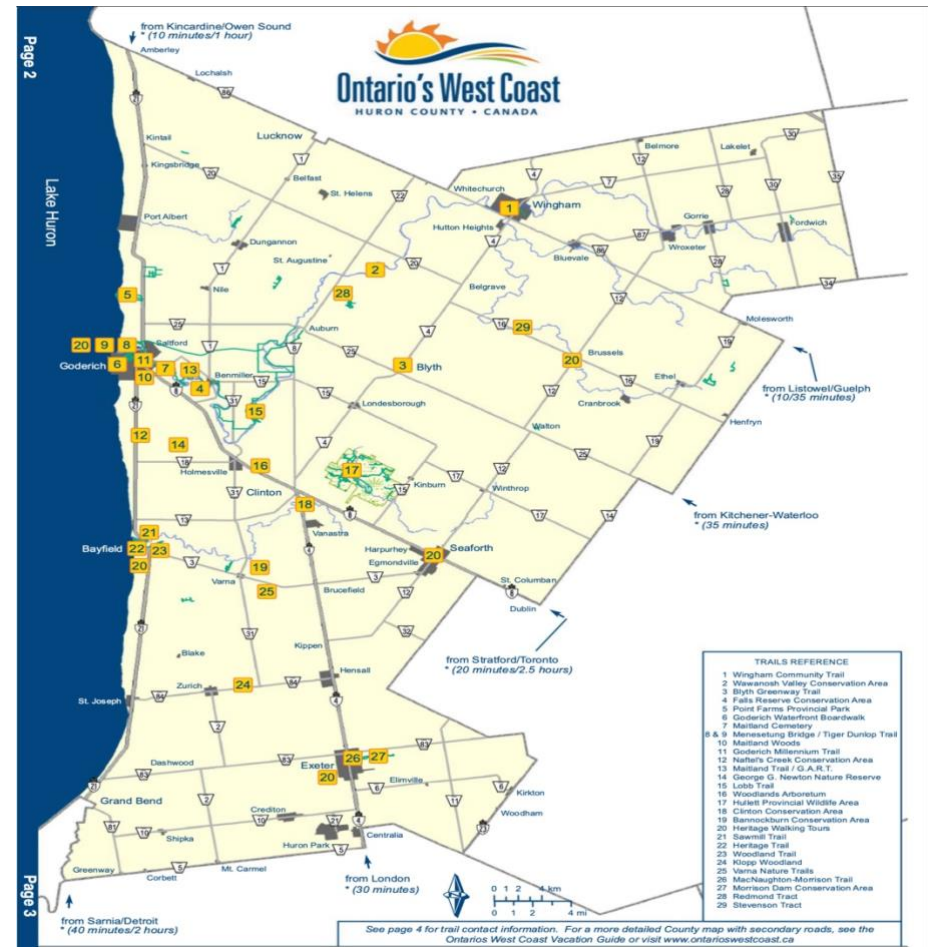
You have until the end of Summer, September 21st, to get out and check out these great local trails.

All you need to do is post a picture of you and the trail sign, upon completion of your hike and post it in the [BAFHT Activity Accountability Group](#) on Facebook.

Feel free to add trails, if you discover new ones that are not on the current map.

Let's keep our bodies and minds healthy!

Explore the beautiful local trails in Huron County (or your local area)!



For details on the local trails, the “Your Guide to Huron County Hiking Ontario’s West Coast Hiking Guide” is a great resource and can be found at:

https://issuu.com/huroncounty/docs/2015_16_hiking_guide_d6