

SUPPORT OUR **CHANGE FOR CHANGE** DRIVE FOR  
**YOUTH MENTAL HEALTH**

**zach**  
makestracks

5¢, 10¢  
25¢ or \$1  
~ it all helps ~

Please  
**DONATE**  
your spare  
change!



-- did you know? --  
8 out of 100 kids  
report having  
serious depression.  
That's 2 out of 25 kids  
in Zach's class.  
-- that's too close --



Hi. I'm Zach. Please support me as I run from  
Barrie to Ottawa to raise awareness and funds  
for the Youth Mental Health Program at RVH.

**August 13, 2017 - September 10, 2017**

Please visit [www.zachmakestracks.ca](http://www.zachmakestracks.ca) for more info or to donate online.



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