Roentgen Ramble Your Way 2023

"Movement is a medicine for creating change in a person's physical, emotional and mental states."
Carol Welch

This year's Ramble is focusing on movement for a positive mindset, however that works for you! Participate on any day: Thursday June 1st, Friday June 2nd, or Saturday June 3rd in the morning.

During the conference participate in any of the means of activity in the boxes below. Submit your sheet and donations collected (see page 2) ***no later than Saturday June 3rd at noon***, to the CAMRT Foundation Booth in the Exhibit Hall or to Jenna MacLaine.

Participating in the conference virtually? You can Ramble too! Collect donations on social media or through the Foundation website. Email ***by Saturday at noon***, the amount you collected and how you moved your body (boxes below) to participate during the conference. Email: kfader@camrt.ca

Prizes to be won! There will be a prize for the participant who collects the most donations AND all participants will have their name entered in a draw for a prize.

Ramble Group Walk *Saturday @ 7:45am* Meet in the hotel lobby.	Take a swim in the hotel pool.	Walk or run at a time convenient for you.
Your team have a game during the conference? Volleyball, basketball, etc!	RAMBLE YOUR WAY Did we miss something? Record it here and submit!	Hit the court – pickleball, tennis or badminton.
Keep your work out routine - at the hotel gym or your local fitness centre.	If your daily routine includes yoga, this box is for you.	Biking your thing? Peddle away!

Donations are used for Foundation Grants, supporting research and continuing education of MRTs across the country. The CAMRT Foundation thanks you for your participation to help contribute to these funds.

Roentgen Ramble Donation Sheet

Please be sure information is in full for a tax receipt. ($20 min. for a tax receipt).

First and Last Name:	
Mailing Address:	Postal Code:
Email address:	Donation $:

First and Last Name:	
Mailing Address:	Postal Code:
Email address:	Donation $:

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Mailing Address:	Postal Code:
Email address:	Donation $:

First and Last Name:	
Mailing Address:	Postal Code:
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