

# We ♥ our Volunteers

niagarahealth  
foundation



## Upcoming Volunteer Opportunities

Are you eager to make a difference in your community?

We're excited to announce two upcoming events and **we need volunteers just like you!** Your dedication is what makes these events possible, and we truly appreciate giving your time and enthusiasm.

### Kids Ultimate Challenge

**When:** Saturday, June 7, 2025

**Where:** Burgoyne Woods, St. Catharines, ON



Each year hundreds of kids aged 4 to 12 take on mud puddles, hurdles, mountains of hay, and dash through waterfalls while completing “tough mudder style” challenges. This year marks the 13th Kids Ultimate Challenge. Participants help raise thousands of dollars for the **Children’s Health Unit** at Niagara Health. This one-of-a-kind event has become a tradition for thousands of families in Niagara.



Visit [www.KidsUltimateChallenge.com](http://www.KidsUltimateChallenge.com) to register

# Big Move Cancer Ride

**When:** Sunday, September 14, 2025

**Where:** White Meadows Farms, Pelham, ON



Each September since 2008, hundreds of cyclists have taken to the roads of Niagara in support of the **Walker Family Cancer Centre** at Niagara Health. Riders tackle 25km, 50km, and 75km routes along with the 14km Fun Ride. The Big Move Cancer Ride has raised over \$7,000,000 for local cancer care since its inception and is one of the most anticipated events of the year in Niagara. Riders collect pledges and enjoy knowing that every km they clock and dollar they raise helps improve cancer care close to home.



Visit [www.BigMoveCancerRide.com](http://www.BigMoveCancerRide.com) to register

*"We make a living by what we get, but we make a life by what we give."*

- Winston Churchill

## Follow us on social to stay up to date!



@KidsUltimateChallenge



@Kids.Ultimate.Challenge



@BigMoveCancerRide



@BigMoveCancerRide