

**STEP UP &**

**BREATH E**  
the lung association

Help fund the next  
breathing breakthroughs by  
**donating or volunteering.**

## STEP UP & BREATHE EVENT

# THE **487**<sup>STEPS</sup> **25**<sup>STOREYS</sup> STEELTOWN STAIR CLIMB

November 9<sup>th</sup>, 2019 | 100 King Street West | Hamilton, Ontario

## HOW WILL YOU PARTICIPATE?

Individual, Team, First-Responders,  
& Special Categories Available.

Register today as an individual,  
join a team, or even start a team.

For More Information Contact:

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