

# **Get Up & Go**

## **Bus Buddy Program**



**For more information,  
or to SIGN UP,  
Please call 403.705.7556  
or e-mail  
[getupandgo@calgaryfamily.org](mailto:getupandgo@calgaryfamily.org)**

### **Learn to use the transit system!**

Did you know people live an average of 8 years after they stop driving? Retain your independence later—learn the Calgary Transit system now!

As a participant in this free program, you will be matched with a volunteer, and together go on 4—6 transit trips over the course of two months. Then we get together for a group celebration of our accomplishment!

New groups begin each month. Spaces are available for **October, 2010!**

***Buddy Up! Be part of the solution.***