



Canada Day Kick off Thursday June 29th

At Keterson Park

6:00pm 150 rep Family Workout (FREE)

6:45pm (FREE) Yoga & Drinks in the Park (bring mat or towel)

7:00pm The Mitchell Mets vs The Venezuela National Fastball Team - Diamond A

Refreshment Tent Provided by - the Mitchell Hawks

Sponsored by



3878 Wellington St. Mitchell

519-348-4600

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