

# INSIGHT FAMILY APPRECIATION DAY

Raffle Prizes - Fun Activities - Food

23 May 2026, 12-5pm

High Park - Grenadier Cafe

200 Parkside Drive

Toronto, ON M6R 2Z3

(Please note: there is no parking on site, as the park is closed to traffic from May-September).

## SCHEDULE

12:00 pm: Arrival

1:00-2:00 pm: Lunch will be served

2:00-2:05 pm: Group Photograph

2:05-3:05 pm: Superhero training with Web-Slinger

2:05-4:00 pm: Caricaturist, Henna, and Face-Painting

3:05-4:00 pm: Kids vs Doctors Soccer Match & Family Sack Race (weather permitting)

4:00-5:00 pm: Yoga or Mindfulness session (weather permitting)

For parents and children wanting to participate in the yoga session, please dress appropriately and bring yoga mats!

\*Schedule may change on the day as needed due to weather conditions.

Come out and connect with the INSIGHT Study and Nephrology Team!

Please dress accordingly for the weather (rain boots, rain jacket, umbrella).

