World Physical Therapy Day 2017 was a fun and successful event at McGill University. Students from the School of Physical and Occupational Therapy (mcgill.ca/spot) engaged people passing by the busy entrance of the University, promoting Physical Activity for Life and raising awareness about the profession.

Pamphlets, pens, and informative flyers on the important role of PT in the opioid crisis were distributed. These items were generously provided by the Canadian Physiotherapy Association (physiotherapy.ca). Dozens of promotional items, kindly provided by the School of Physical and Occupational Therapy and the Physical and Occupational Therapy Undergraduate Society (mcgillpotus.com), were sold or given out as prizes for taking on physical activity challenges. A bake sale was held to benefit PT research funded by the Physiotherapy Foundation of Canada (physiotherapy.ca/foundation).

Students, faculty and passersby contributed physical activities they enjoyed to the colorful poster at our booth, and were then invited to try out the activities suggested by others. Many participated in fun physical activity challenges at the booth itself.

It was a fun and enjoyable day!
PHYSICAL ACTIVITY FOR LIFE!