

ANXIETY, STRESS & AUTISM PROGRAM



5K - 7 MILER - HALF MARATHON 20.10.19

TRY EVENTS
tryevents.ca



Support UBC's Anxiety, Stress and Autism Program by taking part in the Rubber Ducky Half Marathon!

Join other walkers and runners on this scenic course circling Burnaby Lake. Get some fresh air and exercise while watching birds and animals.

Located in the middle of the city, Burnaby Lake Regional Park is a stunning wildlife sanctuary.

PLUS! Racers receive placing medals and cool socks!



ASAP

The Anxiety, Stress and Autism Program (ASAP) conducts clinical and community-based research to better understand how frequently people with autism spectrum disorder (ASD) experience anxiety and stress-related disorders and why they may be particularly likely to develop these conditions.

We aim to improve clinical practices by providing guidelines and measures for determining when someone with ASD is experiencing anxiety or trauma and by effectively treating these conditions in community settings.

LEARN MORE

About the Rubber Ducky Race: tryevents.ca/try_events_rubber_ducky_half

About UBC's Anxiety, Stress and Autism Program: asap.psych.ubc.ca

