

Steppin' Out for PANS PANDAS 2 & 5 km Walk



No Registration Fee – Join the Movement!

Sign up today by clicking “Join a Team” or “Create a Team”



Saturday, September 19, 2026 | 12-3 PM

About the 2026 Steppin' Out for PANS PANDAS Walk

On Saturday, September 19 from 12-3 PM, the Inflamed Brain Alliance will host our 4th Annual Steppin' Out for PANS PANDAS Walk, a 2 or 5 km event you can join virtually or in-person at one of these growing locations:

- Kelowna, BC – Stuart Park
- Calgary, AB – Bowness Park
- Edmonton, AB - William Hawrelak Park
- Mississauga, ON – Lakefront Promenade Park
- Fredericton, NB – Odell Park
- Halifax, NS – DeWolf Park



Why We Walk

We walk to bring hope, visibility, and better care to children, youth, adults, and families affected by PANS PANDAS.



 www.inflamedbrain.org/steppin-out

Can't walk? Support a team, donate, or volunteer at a walk location.