



\$2.00 per
session

Come and Join our ...
Walking Group

Interested in walking, but have no one to go with? Want to start but not sure how Come with us... 10 minute health presentations each Monday & refreshments provided

- 🕒 Learn more about walking
- 🕒 Meet new walking partners
- 🕒 Create a habit & have fun!

When: Mondays & Wednesday's @ 10:00 a.m.
Starting May 4th , 2009

Where: Mount Forest Walking Track

Please bring clean and dry footwear. For more information,
please call

Helen @ 519 321 1151