

WALK AND TALK WEDNESDAYS

JOIN US FOR AN INDOOR
WALKING GROUP AND FEEL THE
BENEFITS OF BEING ACTIVE TOGETHER!



You must register and sign a waiver. Call to register with Darlene Jackson, Community Resource Worker 613-478-1906 ext. 254.

Vaccine verification and **contact tracing** information will need to be provided at the door.

Masks are required.

Start Date: **Wednesday, February 2, 2022**
Dates: Wednesdays, February - April 2022
Time: 10:00 a.m. - 11:00 a.m.
Location: Tweed Hungerford Agricultural Building
(White Building) 617 Louisa St, Tweed

For more information and to register, contact 613-478-1906 ext. 254