



NORTH EAST WALKING GROUP

FEEL GREAT & MEET NEW NEIGHBOURS!

WHAT?

- Leisurely walk through the neighbourhood introducing residents to their local area
- Largely on sidewalks or hard areas
- Wear reasonable shoes and gear suited to the weather including hat
- Bring water and sunscreen as required.
- Families welcome but PLEASE NO DOGS

WHERE & WHEN?

- Departing **Beacock Library** 6:45 pm from the foyer to return for 8 pm
- **Commences Thursday 26th April** and runs each Thursday evenings until late September

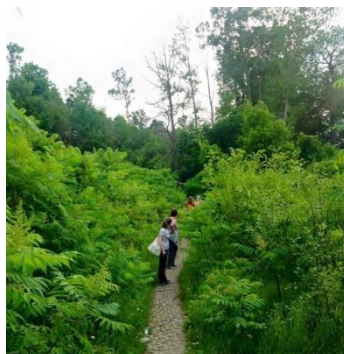
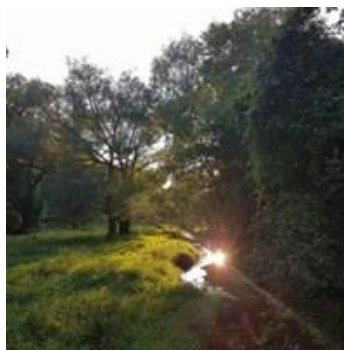
WHY?

Enjoy the many health benefits of walking while connecting with new people

- Exercise
- Friendship
- Sunshine

WHO?

- Interested in Helping? More Walking Leaders are Needed
- 519-659-1271 X500 or nelce@lihc.on.ca



Participate – Volunteer – Lead *It is your community, be a part of it!*