



HELLO November

Walking for Wellness

Starting Tuesday, November 25th
Every Tuesday until December
16th

11:30am-1pm

Smoothies will be provided
during every session.

Water bottles will be given out to
each participant.

\$25 gift cards

Each session lasts 30-45min

You can go at your own speed :)

Come out and get your steps in.

At Wahmeesh, or outdoors if the
weather is good.

