



Walk for Wellness

Brussels Morris Grey Community Centre

February 2012

Schedule of Events

Feb 15—Stephanie Psutka
HcFHT Dietitian

Feb 21—Joan Spittal
HcFHT Social Worker

CHAP+AP BLOOD

PRESSURE CLINIC

Thursday February 16th

9:30 AM TO 1 PM

373 Turnberry St.
Brussels

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 WALK 9-11	2 WALK 9-11	3 WALK 9-11	4
5	6 WALK 9-11	7 WALK 9-11	8 WALK 9-11	9 WALK 9-11	10 WALK 9-11	11
12	13 WALK 9-11	14 WALK 9-11	15 WALK 9-11	16 WALK 9-11	17 WALK 9-11	18
19	20 FAMILY DAY	21 WALK 9-11	22 WALK 9-11	23 WALK 9-11	24 WALK 9-11	25
26	27 WALK 9-11	28 WALK 9-11	29 WALK 9-11			

REMINDER

Please sign in & out
daily on the Sign In
Sheets



If you have any questions about Brussels Walk for Wellness Program please speak with Abi Corbett at BMG Arena.

Dates & Times subject to change without notice....