



# Walk for Wellness

## Seaforth District Community Centre

### *February 2012*

#### Schedule of Events

**Feb 3—Stephanie Psutka,  
HcFHT Dietitian**  
**Feb 29—Joan Spittal  
HcFHT Social Worker**

**CHAP+AP BLOOD  
PRESSURE CLINIC**

Wednesday February 22nd

9:00 AM TO 1 PM

32B-1 Centennial Drive  
Seaforth

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

#### REMINDER

Please sign in & out  
daily on the Sign In  
Sheets



If you are new to the program and require a pedometer or have any questions about the program

Contact SDCC Manager 519-527-1272

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