

Walk for Wellness

Free Indoor Walking

Walk for Wellness is a FREE walking program designed with flexibility for anyone who would like to be more active in a safe indoor environment.

Throughout the program health professionals from the Huron community Family Health Team will provide information session on safe exercise, healthy eating, and other health related topics.

BRUSSELS

BMG Community Centre
800 Sports Drive
Tuesday to Thursday
9:00 AM to 11:00 AM

Come as often as you are able—no matter what your fitness level.
Walk for as long or as little as you wish.

Fall Kick Off

Tuesday September 22, 2009—9:00 AM

Free pedometers (While supplies last)



This program is a partnership between the Huron community Family Health Team and the Municipality of Huron East
For further information call 519-600-2273

