

# 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.

### SEAFORTH

Seaforth District Community Centre

122 Duke Street

Monday to Thursday

8:00 AM to 10:00 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

**Thursday September 24, 2009—9:00 AM**

Free pedometers (While supplies last) to NEW registrants only



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

