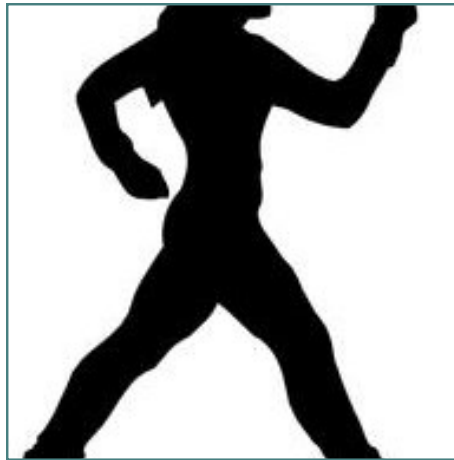


Walking Program

Open to the
General Public



Take part in one of the best forms of Physical Activity going!

Check in with one of our Healthcare Providers to:

- Have your Blood Pressure taken
- Set goals and track your progress week by week
- Pick their brains on topics related to your health

Date:	Wednesday and Fridays Ongoing - November 1st to March 30th
Time:	1:00 pm - 2:00 pm
Location:	NFHT Office

TO REGISTER

Call 289-252-2139

Email info@nfht.ca