

GREENSTONE
FAMILY HEALTH TEAM

8 WEEK BEGINNER WALKING PROGRAM

**STARTING
SEPTEMBER 11**

**EVERY WEDNESDAY
EVENING @ 6:30PM**

Meet us in front of the GFHT building. Please bring proper footwear, water, and anything else you need for a safe walk. Everyone is welcome!

To register, call the
Greenstone FHT
@ 807-854-0051

BENEFITS OF WALKING

Walking improves physical and mental health, reduces the risk of chronic diseases and boosts fitness, strength, and overall quality of life