



Fall & Winter Walking Groups Nov to April 2018

Come out and join a local walking group!
A great way to meet new people, exercise and have fun!

Drayton

Every Tuesday, Thursday,
Friday

9:00am-10:00am

PMDArena

Palmerston

Every Monday, Wednesday,
Thursday, Friday

9:00am-10:00am

Palmerston Arena

Arthur

Every Tuesday, Wednesday,
Thursday

9:30am-10:30am

Arthur & Area Community
Centre

Harriston

Every Monday,
Wednesday, Friday

9:00am-10:00am

Harriston Arena



Ontario

Waterloo Wellington Local
Health Integration Network



For more information call the Seniors' Centre for Excellence
at 519-638-1000 or Toll Free 1-866 446 4546