

A Step in the Right Direction

—Walking Club

WHERE: Steve Kerr Memorial Complex,
965 Binning Street West, Listowel

WHEN: Every Monday at 10:30 am
(excluding Statutory Holidays)

WHAT: This structured, free program consists of :

- *Brief health promoting education segment*
- *Warm-up and strengthening exercises*
- *Walking on the track at the participant's own pace*

For more information contact:

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