



South East Grey
Community Health Centre

FREE WALKING PROGRAM

Looking for a safe place to walk?

Looking for ways to be more physically active?

Join us at the Chatsworth Arena (Upstairs)

Mondays and Thursdays from 10am- 11am

Nordic/ walking poles are available upon request.

Outdoor walking may be available too, ask us!

Questions?

Please Contact: 519-986-2222 ext.6360



Come Walk and Talk with us this!

Everyone is welcome to this 'go at your own pace' indoor walking group!

Please wear safe walking shoes and bring water if needed!



Chatsworth