

Indoor WALKING CLUB



1:30 WALK
1:50 STRETCH
2:00 SEMINAR

October Seminars:

October 1

Get Your Steps In & Proper Walking Technique with Brandie

October 8

Dementia, Depression & Delirium with CHATS

October 15

Let's Talk About Stroke with District Stroke Centre

October 22

Decluttering Battle Plan with Smart Realty Solutions

October 29

Nordic Pole Walking with Shawn Nisbet

All seminars are on ZOOM to receive the link

email byorg@aurora.ca

Walk. Stretch. Learn.

Aurora Family Leisure Complex

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