

JOIN US FOR A WALK & TALK



**EVERYONE
WELCOME**

Nordic
walking poles
available

For more info call:
Seniors' Safety &
Social Inclusion
Coordinator

**MICHELE MAC-
PHEE**

(902) 587-2800
EXT:5

WHEN
Thursdays 10am
(Rain or Shine)

WHERE
**Dr. Kingston Community Health
Centre *40 School Rd. L'Ardoise**

Brought to you by:


Dr. Kingston
MEMORIAL COMMUNITY
HEALTH CENTRE