

# WEEKLY WALKING GROUP

RIDEAU COMMUNITY HEALTH SERVICES COMMUNITY PROGRAMS AND NUTRITION SERVICES.

ENJOY A DOSE OF PHYSICAL ACTIVITY AND CONNECT WITH OTHERS IN YOUR COMMUNITY.



**Dates:** Mondays starting May 8th (excluding stat holidays)

**Time:** 12pm—1pm

**Location:** 354 Read St.

**We will walk the track behind the community health centre.**

Photo: <https://www.ramblers.org.uk/news/walk-magazine/current-issue/2019/may/summer-2019/going-the-extra-mile.aspx>

For more information, contact 613-269-3400.



Rideau Community  
Health Services

Your Community Health Centre

RGHS funding is provided by Ontario Health - East Region, the Ontario Ministry of Children, Community and Social Services and by the communities and people we serve.