

WEDNESDAY WALK AND TALK

JOIN US FOR AN INFORMAL
WALKING GROUP AND FEEL THE
BENEFITS OF BEING ACTIVE TOGETHER!



You must register and complete a waiver to bring with you. It can be found on our website at www.rideauchs.ca Search 'waiver'.

Vaccine verification and **contact tracing** information will need to be provided at the door.

Masks are required when not on the walking track.

Start Date:

Wednesday, November 24, 2021

Dates:

Wednesdays November 2021-May 2022

Time:

10:00 a.m. - 11:00 a.m.

Location:

Smiths Falls Memorial Community Centre
(walking track)

71 Cornelia Street West

For more information and to register, contact 613-283-1952 ext. 405



Rideau Community
Health Services

Your Community Health Centre

RCCHS 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.