

Monday Walking Club for Seniors

FREE with membership



**FROM SLOW WALKING SPEED
TO FAST WALKING SPEED**

Would you like to improve your mood, heart health, sleep, control diabetes, strengthen bones and muscles and much more while enjoying the beauty of nature?

Starting July 11th, every Monday from 9:30am to 10:30am starting at BBNC Gazebo

Online Registration opens June 30th at 9am, go to www.bbnc.ca

For more information email priya@bbnc.ca

