



Tuesday 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 Tuesday 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

