

# WALKING AND EXERCISES

*for seniors'*

Come walk at your own pace in a safe environment. Enjoy an exercise program that is tailored to your needs.

**Every Monday - 2 pm - 3 pm**

**Every Thursday - 10 am - 11 am**

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at : Centre de santé communautaire de  
Kapuskasing et région  
27 Kolb Ave, Kapuskasing  
(Community Health Centre)

For more information, please call

**705-371-3006**

**1-855-377-3006**

(Toll free)

