

Beginner Walk/Jog Program for caregivers and youth!

With option to complete a 5 km Walk/Jog Event in 8 weeks ☺
Starting Mondays @ 5pm July 20th, 2020

FEEL LIKE LIVING OUT OF THE BOX???

WE CAN DO THIS TOGETHER!!



What is this all about?

This is a non-intimidating group starting out together. With lots of support, knowledge and laughs along the way we will train to participate in an event if you choose.

What to Bring?

Water, open minds, and smiles ☺

What to Expect?

20-30min of learning from a professional in their field to help us!

Stroller's welcome, no pets Miigwetch!

Message or call Lori L. @ 274-8541 if you are interested! Meeting locations, etc. to be given out as participants sign-up :)