



**East Wellington
Family Health Team**

Join us for Walk-fit!!

Get off the couch and get moving

Free walking group

This is a volunteer-led group

Our registration numbers determine whether we have sufficient interest to go ahead with a session so PLEASE register ahead of time and contact us if you do not receive a call/email back from us.



**Where: Erin Indoor Recreation Centre
184 Main Street, Erin**

When: 9:30 to 10:45am * Please note the time change

Dates: *Fridays, November 2nd to May 17th

**** No class December 21st, 28th, April 19th**

**There is no cost but you must pre-register for this group
Go to www.ewfht.ca and click on "Workshops" or
Call (519) 833-7576 ext. 362 to register**