



**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**

**Dates: \*Fridays, November 1st to May 15th**

**\*\* No class December 20th, 27th, April 10th**

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