

WINTER WALKING GROUP

MEETING AT
THE CENTRE
FOR HEALTHY
LIVING
(A107-NORTH
CAMPUS)

ALL ARE
WELCOME!
No registration
required;
Just show up!

FRIDAYS
FROM
2 - 3
PM

FUN
45 MINUTE
WALKS
AROUND
CAMPUS
AND THE
NEIGHBOURHOOD!

Questions?
email:

healthyliving@humber.ca