



**GET WITH IT!**

**2011–2012**

# **BELLEVILLE WALKS!**

**INDOOR WALKING CLUB**

Walking in the halls at Centennial Secondary School, Palmer Road, Belleville

***What's in it for me?***

- ★ Temperature controlled environment
- ★ Ice-free walking surfaces
- ★ Company to walk with
- ★ Chance to try out a pedometer

***Dates***

Nov. 1, 2011 to Mar. 29, 2012,  
Tues. & Thurs. 6pm to 7:30pm  
except Christmas, Feb. 16 or  
Mar. 22, 2012, and March break

**Limited free pedometers for regular walkers**

**For more information** call: Tanya Grierson, City of Belleville Recreation, Culture and Community Services; 613-966-4632 or Marie Clarke, Hastings & Prince Edward Counties Health Unit; 613-966-5513 ext 309.



**Health Unit**

  
Hastings &  
Prince Edward Counties