



GET WITH IT!

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

Limited free pedometers for regular walkers

Dates

Nov. 23 to Dec. 16, 2010, &
Jan. 04 to Mar. 10, 2011
Tues. & Thurs. 6pm to 7:30pm

For more information contact: 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