

Walk With Me



For people who are:

- grieving
- looking to rebuild connections
- wanting to create new routines
- hoping to add new friends into their lives
- wanting to improve or focus on their health

TUESDAYS @ 6:30pm

THURSDAYS @ 10am

Polson Park, 2600 Hwy 6

Register at [Eventbrite.ca](https://www.eventbrite.ca)

For more information:

Leigh Van Dyke, Volunteer Program Leader
250-503-1800, Ext 115; leigh@nohs.ca

This event is FREE but participants must register.



www.nohs.ca