

STRETCH, **WALK** & TALK GROUP

We walk and stretch to increase energy, strengthen bones and muscles, improve flexibility, reduce fatigue, risk of heart disease and body fat and improve our mental health.

Each session consists of:

- Gentle stretching exercise
- Group walking
- Health conversations

Be active for your health, for fun and to meet other people

No Registration Required.

ALL ARE WELCOME.

PARTICIPATE AT YOUR OWN PACE!

Every Thursday,
October 5, 2017 - December 21, 2017
10:00 am to 11:30 am

Kitchener Downtown Community Health Centre
44 Francis St. South, Kitchener

For more information, please contact Almira at
519 745 4404 ext.209 or
ahodzic@kdchc.org

*The KDCHC gratefully acknowledges the financial support of the
Waterloo Wellington Local Health Integration Network (WWLHIN)*

