



**Want to walk in a safe and warm environment so you  
can keep fit and social?**

**Mon, Wed, and Fri -Chesley Community Centre  
11am till noon**

**Tues and Fri – Tara Community Centre  
9am-11am**

**Tues, Thurs, Fri – Paisley Community Centre  
11am till noon**

**Nordic walking poles available for those who are interested in using  
them, use your own walker, bring a friend in a wheelchair, or speed  
walk in your own sneakers...whatever type of walking you enjoy, you  
are welcome to do.**

**Free to all**

**[programs@arran-elderslie.ca](mailto:programs@arran-elderslie.ca) or 519-363-3039 ex 117**