

Fall Walk and Talk Program

Join our team social workers for a **6 week program** focused on moving for mental and physical health

- Would you like to get outside more but not comfortable going alone?
 - Do you feel isolated at home?
- Have you become more sedentary through the pandemic?

Come join us!

All abilities welcome



Waterloo Region

Nurse Practitioner Clinic

www.wrnplc.ca

This program will be held in Kitchener

Thursdays

**September 21 to
October 26th**

3:30-4:30 pm

Huron Natural Area
801 Trillium Drive

Walks will be held outdoors as much as possible!

In the event of poor weather we will use the indoor track at Avida Sportsplex
135 Lennon Lewis Way

Open to any WRNPLC patient

To register, email patient@wrnplc.ca or speak to reception