



# WALK & TALK PROGRAM

## FALL WALKING GROUP

### Description

Join us for this 5-week program. Research has shown that walking regularly can help ease symptoms related to chronic mental health conditions like anxiety and depression. The benefits of walking also include improved sleep, stress relief, mood improvement, increased energy, reduced tiredness, weight loss, and improved cardiovascular (heart) health.

Waterloo Region Nurse Practitioner Led Clinic  
(p) 519-772-2322  
[www.wmplc.ca](http://www.wmplc.ca)



## Fall Walk & Talk Program

All patients and community members 16 years and older are welcome!

This program will be held in Kitchener, at Huron Natural Area 801 Trillium Drive

Tuesdays

3:30 – 4:30pm

Oct. 8th to Nov 5th

Walks will be held outdoors except in the event of poor weather we will walk at Activa, 135 Lennon Lewis Way

### Register

by sending an email with the subject line “Walk and Talk” to

[patient@wrnplc.ca](mailto:patient@wrnplc.ca)