

Summer Evening Walk and Talk Program

Join our team social workers for a **6 week program** focusing on the benefits of movement and spending time in nature

Would you like to be more active but struggle to go on your own?

Would you like to learn more about mindfulness?

Would you like support to get outside in the early evening?

Have you been feeling isolated or lonely?

Come join us!



Waterloo Region

Nurse Practitioner Clinic

www.wrnplc.ca

Thursdays

June 20th to July 25th

6:30-7:30 pm

Meet at the

Walter Bean Grand River
Trail

Doon South Drive and
Homer Watson

Walks will be held outdoors
as much as possible!

Open to WRNPLC patients
and community members

Limited space so register
today!

To register please email

patient@wrnplc.ca