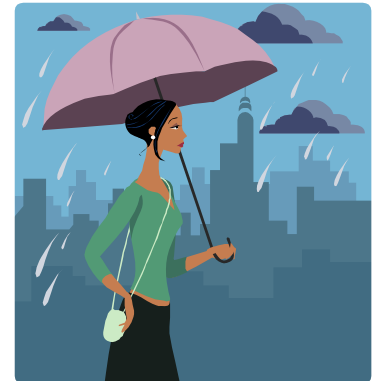


Take Charge of your Health Join the Walking Club

This is the year to focus on yourself and improve your overall health.

Exercise does not need to be a grueling task rather a pleasant

experience with people you know in a non-threatening environment. Take advantage of the walking club that is starting. Here you will walk your community with people you know and at your own pace all the while reaping the benefits of exercise.



Every Tuesday Starting January 26, 2010

(Rain or Shine)

Time: 12:00 Noon

Location: Meet at the Leqamel Band Office

If you have any questions please call

Angi Peters Community Health Worker 1-877-411-3200

Babies and Strollers are welcome!

**Please dress according to weather and if raining
don't forget your umbrella!**

Don't forget your water bottle and comfortable shoes :)

