

Enjoy Walks this **Fall** with Mosaic!

Would you like to join a free walking & Nordic Pole Walking Club?



Stay in shape this fall! Mosaic's Pole Walking Club continues into the winter with Mosaic will be hosting an indoor walking club this fall. We will be meeting once a month from September to November continuing again in January, 2018. Staff will lead the walk from 9:30 a.m. to 11:00 a.m., with refreshments served after the walk. This is a great opportunity to get exercise and meet with neighbours from your community!



- Wear comfortable clothing
- Bring your Nordix Poles if you have them (they MUST have rubber tips)
- Water Bottle

theShops.ca
on Steeles and 404

Mosaic Indoor **Fall** Pole Walking Club

Where: Mosaic Home Care & Community Resource Centre (**Markham Office**)

Dates: **Fridays this fall:**

Sept. 15th, Oct. 20th, Nov. 17th

Time: **9:30 am to 11:00 am**

No Charge for event. Refreshment provided.

Free parking and elevator access available.

Close to public transit.

For more information contact Kevin Lopes from Mosaic Home Care at 905—597—7000 or email at kevin@mosaichomecare.com



Mosaic Home Care Services & Community Resource Centres
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Located at The Shops on Steeles & 404 | Lower Level by Centre Court |

Free Parking and Elevator Access

