

Enjoy Walks this **Fall** with Mosaic!

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



Stay in shape this Fall by attending Mosaic's Pole Walking Club! We will meet once a week starting September right through October. Mosaic staff will lead the walk from 9:30am to 11:00am, with refreshments served after the walk. This is a great opportunity to get exercise and meet with neighbours in your community!



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

Mosaic **Fall** Pole Walking Club

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

Date: **Every Thursday in September and October, 2017.**

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

No Charge for event. Refreshment provided.

Close to public transit. Parking on main level with elevator access.

Parking is \$1 for the 1st hour, \$2 for the 2nd, \$5 for the 3rd and \$10 for the full day.



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Located at The CNIB Centre | Second Floor

Paid Parking and Elevator Access | Disability Friendly Building

