

Enjoy Pole Walking with Mosaic this Fall!

Join a free walking and Nordic Pole Walking Club!

Stay in shape with Mosaic's Pole Walking Club this September to October 2019. 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! Weather permitting, all walks will be held outside so please dress according to the weather.

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



For more information contact Mosaic Home Care Services & Community Resource Centres at 416.322.7002 or email info@mosaichomecare.com

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

Dates: **Once a month September 26th and October 24th, 2019** (Will resume in May 2020 on a weekly basis)

Time: **9:30 a.m. to 11:00 a.m.**

No charge for event. Refreshments provided. Close to public transit. Parking on main level with elevator access.

Paid parking onsite. No underground parking.

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What a difference we make!®

Mosaic Home Care Services & Community Resource Centre

1929 Bayview Avenue, Suite 215H, Toronto, ON M4G 3E8

Tel **416.322.7002**

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Located at the CNIB Centre | Close to public transit
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