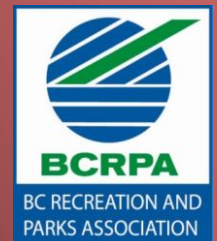




Sponsored by...



CLEARWATER WALKS ON

Walkers will meet beginning Sept. 6th on Mondays/Wednesdays at 6:30pm for 10 weeks at the Rotary Sports Park.

Participants will be educated on the importance of goal setting, keeping motivated and on track with incorporating physical activity into your daily routine.

**PLEASE REGISTER BY CALLING
250-674-7082**

Clearwater Walks On is a **FREE** ten week program that will gradually introduce adults to walking as a healthy lifestyle choice.

This program in partnership with the BCRPA and Heart & Stroke Foundation will focus on providing physical activity in a social setting

This program is open to adults of all levels of physical activity.