

Get moving at work with a little self-care.

**Meet new friends. Schedule a break outside.
Make stress relief a lot more fun.**



Weekly WALK

A friendly, fun, fitness break in our day.

EVERYONE Welcome. EVERY Week. Rain or Shine!

Fill your travel mug and join us for a 25-30 min walk around the neighbourhood.

Departing each:

weekday

time

location

For more information - including sign-up - please contact:



For tools & resources to start your own WeeklyWALK, please contact
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