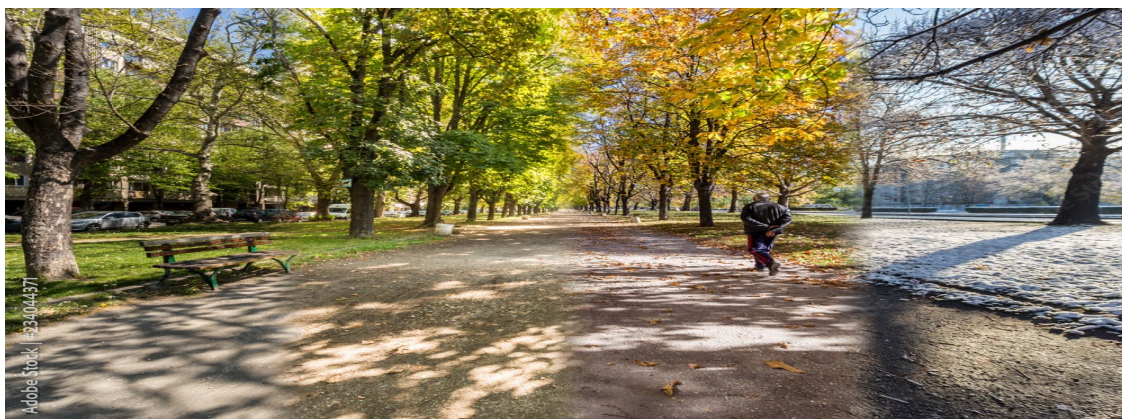


Empowered, healthy and thriving communities  
where everyone belongs.



# Seasonal Walks



## Join us for **free** wellness sensory walks at Monarch Park

**WHO:** Referred SRCHC clients

**What:** *Connect with others*  
*Improve health & well being*  
*Learn about environment*

**When:** Thursdays, October 6 to November 10  
10am to 11am

**Where:** Monarch Park, 115 Felstead Ave. (near Coxwell & Danforth)

**How:** Call **416-419-5934** to register (space limited)

*\*outdoor activity, weather permitting*

