

Empowered, healthy and thriving communities
where everyone belongs.



Wellness Walks



Join us for **free** wellness walks at Local City
Parks in East Toronto

WHO: SRCHC clients and community members dealing with chronic health conditions

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

When: Thursdays, September 21st to November 9th
1pm to 2pm

Where: Greenwood Park – 150 Greenwood Ave (south of Gerrard)
Monarch Park, 115 Felstead Ave. (Coxwell & Danforth)

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

**outdoor activity, weather permitting*

