

# Walking Club

Joining a walking club is a great addition to any health program.

Walking improves blood flow, mood, memory, energy, and can decrease stress & the risk of chronic diseases. Walking outdoors combines the benefits of exercise and the therapeutic effects of being in nature.

If you enjoy exercising with others, this is the opportunity to engage with others to help keep you motivated & fit.



## Walking Club Details

**Cost?** Free

**When?** Every Monday evening at 6:30-7:30pm beginning March 9<sup>th</sup>

**Where?** We will meet at Naturopathic Foundations Health Clinic.

**How far?** About 2km.

**Who?** Dr. Ann-Marie Regina, ND will be leading the group.

**How do I sign up?** Call Naturopathic Foundations at 905-940-2727 or email at [aregina@naturopathicfoundations.ca](mailto:aregina@naturopathicfoundations.ca)

You're welcome to bring friends and family to the walking club. You do not have to be a patient of the clinic to join.



Naturopathic Foundations

[www.naturopathicfoundations.ca](http://www.naturopathicfoundations.ca)

**Telephone: 905-940-2727**