

WALK WITH YOUR DIETITIAN

WEEKLY WALKING GROUP

Join our dietitian for a weekly walk.

Enjoy the company of others while getting your activity for the day!



- Dates:** Weekly on Mondays (excluding any stat holidays)
Time: 9:00am-10:00am
Location: Merrickville Community Health Centre
345 Read St. Merrickville, ON

For more information, contact rnitschmann@rideauchs.ca



Rideau Community
Health Services

Your Community Health Centre

Photo from: <https://www.health.harvard.edu/blog/part-walking>

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