



Lanark Highlands Walking Group



Who: For adults and seniors who are interested in walking in a social setting to maintain or increase their level of physical activity.

What: This one hour walk can accommodate different levels of fitness ability. The speed and distance of the walk can be varied to suit different walkers. Light refreshments and social time follow the walk.

When: **Every Tuesday year-round at 9:00 am. Rain or shine!**

Where: North Lanark Community Health Centre
207 Robertson Drive, Lanark

Fall 2011 Schedule: Guest speakers, starting at 10:00 a.m., or field trips are organized for most months.

September 27th Hike - Mill of Kintail Conservation Area
October 18th Hike - Carleton Place, Trans Canada Trail

October 25th What did I come in this room for? Memory and Aging
Muriel Campbell, RN

November 22nd Is it Asthma or COPD (Chronic Obstructive Pulmonary Disease)? Christine Laver, Respiratory Health Educator

December 13th Managing Stress Over the Holidays
Sherry Baltzer, Social Worker

For more information,
please call Hinda at
613-259-2182 or
1-866-762-0496



North Lanark
Community Health Centre
A part of Lanark Health and Community Services



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