



# Walk indoors this winter!



## Join Us at Maple Grove School for



**Every Monday and Wednesday evenings from 5:30-7:00pm  
Starts November 2, 2011 – March 14, 2012  
Maple Grove Public School in Lanark Village**

**WALKING IN THE HALLS is Free! Fun! Safe! and Warm!**

**Open to all members of the community. All ages. All levels of fitness ability. Light, moderate and vigorous routes to choose from.**

**Drop-in! You don't need to pre-register!  
Come on your own or bring a friend!**

Please Note: The program will be cancelled on school holidays and when the school buses have been cancelled.

**Call Kara at 613-259-2182 for more information**

Get WITH It is offered in partnership between: the Active Seniors Coalition; Canadian Cancer Society East Region, Maple Grove Public School, North Lanark Community Health Centre; Ottawa Heart Institute; and the Leeds, Grenville and Lanark District Health Unit.

