

Summer Walking Group

Senior-friendly

Do you enjoy nature and want to stay healthy and fit?

Join our free summer walking group. This is a senior-friendly program with gentle walks that explore Guelph's parks and trails. We explore a new location each week throughout the summer.

Thursdays, 10:00 am - 12:00 pm

July 04 - Royal City Park

July 11 - University of Guelph Arboretum

July 18 - Goldie Mill Park

July 25 - Ignatius Jesuit Centre

August 01 - Riverside Park

August 08 - Art Gallery of Guelph

August 15 - York Road Park

August 22 - University of Guelph Arboretum



Join us!

For information contact **Emma**
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or email: estewartsmall@is-gw.ca

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IMMIGRANT SERVICES 
Guelph-Wellington

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