

# STROLLER WALK



Registration

Required

[registration@oeyc.ca](mailto:registration@oeyc.ca)

**FREE program!**

## Walk, Chat and Stay Fit !



Breathe in the fresh air, move your body, and connect with other parents/caregivers to support your mental health. Each class will include walking fitness, balance, strength and flexibility throughout the walk.

## Haliburton

September 15, 22, 29  
Town Docks at Head Lake  
10:30 am to 11:15 am



Program will run if it's light rain.

Check our website or Facebook for program changes.



**EarlyON**

Child and Family Centre