



# Songs & Strollers

For families with children under 15 months  
(children need to be in a stroller or wagon for the walk)

**Breathe in the fresh air, move your body, and connect with other parents/caregivers to support your mental health.**

## Thursday Mornings

Lindsay

Nayoro Park

**10:30 am to 11:30 am**

**Spring 2024**



Raining? Drizzle we will still meet and go!  
Check Facebook for any possible cancellations before heading out.

**Early**  **ON**