



Stroller & Songs

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**