

Being active and social is key to a healthy life style!

These programs are designed for East End Family Health Team Patients (40+) as well as members of the community who are interested in walking.

Walking is an easy way to stay fit.

- Suitable: for almost everyone regardless of age or fitness level.
- Convenient: you can walk almost anywhere, inside or outside at any time of year.

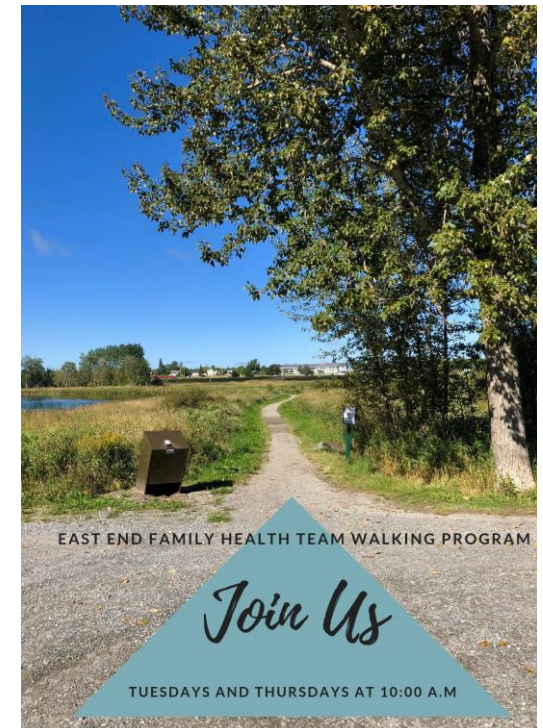
Walking is an activity that refreshes the mind, reduces fatigue and increases energy.



Family Health Team

# The Walking Program

Indoor and outdoor walking program for patients and members of the community.





## Walking Program

Walking for daily exercise is low-impact, safe and free. It can improve cardiovascular fitness and strengthen muscles and bones. Join our community walking program. We walk indoors and outdoors (weather permitting).

### When

Every Tuesday and Thursday at 10:00 a.m.

### Where

Meet in the waiting area of the East End Family Health Team Clinic.

“Walking . . . is how the body measures itself against the earth.”

**Rebecca Solnit**

## Rise and Game (For Patients only)

Meet at the East End Family Health Team and join us for card/board games in a social environment that is conducive to social participation and well-being. Rise and Game is an opportunity to get out and meet some of your friends and neighbors and enjoy a beverage and healthy snack on us!

### When

Thursdays from 11:00am – 12:00 noon.

Board Room of the East End Family Health Team.



## How to register

Register on our website, give us a call, or come in person and speak to one of the receptionists.

## Who

- East End Family Health Team Patient (40+)
- Members of the community who are interested in walking.
- Individuals who are independent and need an outing
- Anyone who wants to have a good time while improving their health and social well-being.

## Contact Us

East End Family Health Team  
4715 Highway 101 E  
South Porcupine ON  
705-235-6900

[Website:](http://eastendfamilyhealthteam.com)  
[eastendfamilyhealthteam.com](http://eastendfamilyhealthteam.com)

Subscribe to our Google Calendar!