



Lakeshore Community Nurse  
Practitioner-Led Clinic  
presents:

# Autumn Weekly Wellness Walks

Step into the world of wellness as we walk in our beautiful community.



Meet New People



Unwind and De-stress



Promote Fitness

**WEDNESDAYS FROM 10:00AM - 10:30AM**

**September 18 - December 18, 2024**

**MEET AT ATLAS TUBE RECREATION CENTRE  
FRONT ENTRANCE**

Walkers of all levels and all ages welcome. Walks take place through Atlas Tube's Earthwalk trail or indoor walking track depending on weather. **No registration required.** Bring a friend!

Call Lakeshore Community NPLC  
at 519-728-9116 for any questions

Lakeshore Community  
Nurse Practitioner-Led Clinic

Clinique dirigée par du personnel  
infirmier praticien Communauté de Lakeshore

Ontario