



Community Mental Wellness Association of Canada

加拿大社區情緒健康協會

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 CMWACanada

 @CMWAC

FREE SENIOR WALKING CLUB:

REIFEL BIRD SANCTUARY DAY TRIP

Walking is a fun and easy way to get exercise daily. Walking is an effective way to reduce the chronic conditions seniors are more susceptible to. It also improves one's overall health, both mentally and physically. With all these good aspects, why not walk with the Senior Walking Club, boosting mental and physical health, while socializing and having a good time. Come join us for a nice walk outdoors at the Reifel Bird Sanctuary in Delta!
(Bring a light snack or lunch)



DATE: OCTOBER 7, 2017

LOCATION: REIFEL BIRD SANCTUARY

ASSEMBLY TIME: 9:30AM

RETURN TIME: 1:30PM

免費長者健步行

REIFEL 雷富雀鳥觀察一日游

步行是每天可做而且很有意義及有趣味的運動。它能改善您的身心健康，使您心情愉快。既然步行有這麼多好處，您何不參加我們的長者健步行小組？通過這次活動，您可以結交更多新朋友。請來參加雀鳥觀察一日游！
(請帶午餐)



日期: 10月7日(星期六)

地點: REIFEL 雷富雀鳥保護區

集合時間: 9:30AM

返程時間: 1:30PM