

Walk In Shape!



ACTIVE IS EASY ACTIVE IS FUN ACTIVE IS HEALTHY ACTIVE IS
SOCIAL ACTIVE IS FAST ACTIVE IS COMMUNITY ACTIVE IS
IS FUN ACTIVE IS HEALTHY ACTIVE IS HAPPY ACTIVE IS FR
ACTIVE IS EVERYDAY ACTIVE IS FUN ACTIVE IS HAPPY ACTIVE

ACTIVE IS
WHAT YOU
MAKE IT



- What: Mid-Main Mid-Day Walking Group
- Who: 35 years and older
- When: Starting October 21st, every Wednesday @ 2pm
- Where: Mid-Main Community Health Center
3998 Main Street, Vancouver
- Contact: 604.873.3666 ext. 247
- Cost: FREE

We will meet and walk for an hour with
a bilingual leader and volunteers
You will make new friends.

REGISTER EARLY to receive a free pedometer.

Walk for your heart

Walk for your health!

What are the benefits of walking? It enhances mental well-being, helps control body weight, reduces the risk of coronary heart disease, and lowers blood pressure. It is convenient, inexpensive, safe, and requires very little equipment. Walking is one of the easiest ways to incorporate regular physical activity into your lifestyle.



KEEPING OUR FAMILIES HEALTHY

3998 Main Street (at East 24th Avenue)
Vancouver, BC V5V 3P2

Medical Phone	(604) 873-3666
Medical Fax	(604) 875-8790
Dental Phone	(604) 873-3602
Dental Fax	(604) 873-6993
Website:	www.midmaincommunityhealth.net

An initiative of these BC Healthy Living Alliance members

