

The Next Installment of The Curve Lake Couch to 5K Is Just Around The Corner!

It's time to get a head start!

The Curve Lake Couch to 5K is a program that is offered to turn anyone into a 5K Runner. Last year the group participated in two 5K Races. (Montreal & Kingston Funded by GRF)

If you would like more info on the Couch to 5K program please contact Mindy at (705)657-3432 or Steve at the Health Centre (705) 657-2557.

Be sure to like the Curve Lake Couch to 5K Facebook page for updates!

Kick Start your running season with the CARA Program's Walking Group.

Mondays, Wednesdays & Fridays @ 12 to 2 pm @ Community Centre.