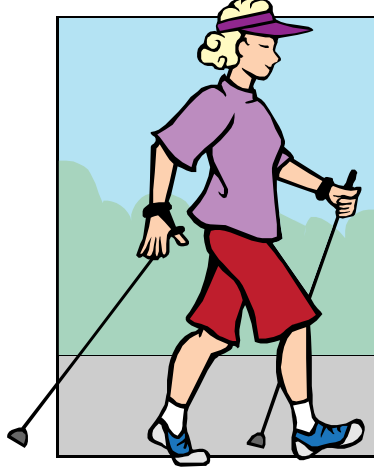


Nordic Pole Walking



Come join us at the Health Centre to find out the benefits of Nordic Pole Walking.

Guest Speaker: Kim Lamothe

When: Friday July 4, 2014

Time: 12 noon – 2:00 pm

Place: Health Centre Conference Room

Please call the Health Centre @ 705-657-2557 to sign up

!!Light Refreshments will be served!!