



# Walk On

Be active every day

## Winter Indoor Walking Schedule

Starts the week of October 31, 2011

9 a.m. to 10 a.m.	M	T	W	T	F
Memorial Centre, Kingston		✓	✓	✓	
Invista Centre, Kingston	✓		✓		✓

5 p.m. to 6 p.m.	M	T	W	T	F
Perth Road Public School, Inverary		✓		✓	
The Prince Charles School, Napanee		✓		✓	

5:30 p.m. to 6:30 p.m.	M	T	W	T	F
LaSalle Secondary School, Kingston			✓		

Ends on March 30, 2012

Volunteer led walks provide a safe, free, and social atmosphere for people of all ages to increase their physical activity. No registration required.

**Walk On can be your first step to a healthier you.**

Call 613-549-1232, ext. 1180 for more information.

### Interested in Volunteering?

*You can help by leading a weekly scheduled indoor walk.*

For more information contact Karla Weber,  
Coordinator of Volunteers at KFL&A Public Health  
613-549-1232, ext. 1159



In partnership with: City of Kingston,  
Kingston Community Health Centres,  
and Limestone District School Board