



**Please join us for a weekly walk to get out and explore the community!**

**Please meet us at the Gazebo in Palmer Park, Port Perry each Tuesday at 1:30 p.m.**

**Focus will be on improving mental, physical, and social health.**

**Dress for the weather and come out weekly or just drop in when you can!**

**All community members and walking abilities are welcome.**

**Call the North Durham Family Health Team at 905-985-2895 ext. 6070 for more information.**