

MOOD WALKS

An Opportunity for Physical and Mental Wellness



Get active, explore nature and reconnect

Mood Walks is a hiking program which promotes both physical and mental wellness for seniors 55+. Hiking combines physical activity with exposure to nature and has proven benefits in promoting mental and physical wellness. Experience the healing effects of nature while engaging in your community. Free registration. Light Refreshment included.

Dates:	Jan 17th - March 27 th *	11 weeks
	April 17 th - June 26 th	11 weeks
	Sept 11 th - Nov 27 th	12 weeks
Time:	10:00am – 11:00am (Arrive by 9:45am) Walk starts promptly at 10am.	
Location:	Birkdale Community Centre 1299 Ellesmere Rd, Scarborough (Meet here and walk through Birkdale Ravine)	
Registration:	Contact Debbie Lee @ 416-847-4152 or email dlee@schcontario.ca	

*some cancellations may occur due to bad weather or walking conditions.