



# Indoor WALKING CLUB

3rd Annual  
Walking Challenge  
Starts May 4

Every Tuesday:  
1:30 p.m. Walk  
1:50 p.m. Stretch  
2:00 p.m. Seminar

## April Seminars

**April 2**

Understanding Parkinsons with Home Instead

**April 9**

Brain Health with Alzheimers Society of York Region

**April 16**

Ontario Caregivers Organization Seminar

**April 23**

Wrap Up Party

**May 1 (Aurora Seniors Centre Lounge)**

Walking Challenge Launch Seminar at 1:00

Walking Club is over for the season and will resume September 2024

## Walk. Stretch. Learn.

Aurora Family Leisure Complex

wow@aurora

365-500-3161

