


# Weekly walking group for seniors!



## The Walkers That Talk

Register now  
<https://rb.gy/avcd4q>



 902-628-2257

### Walks

Join Ron for weekly casual walk and talk outings for seniors. Stay active, stay fit, have fun, and connect with others while enjoying walks through Charlottetown.

Open to any level of fitness and ability, the walks will be at a moderate pace. The walks are also a Dementia Friendly environment, and walking is known to support a healthy brain and body, and promotes mental health and wellbeing. Age well! Join for one walk, or come back every Tuesday. (Rain or shine)

### 5 W's

- Who | Any senior, living in the community. Led by Ron!
- What | Free weekly walks
- Where | Various routes through Charlottetown
- When | Tuesdays starting July 12th (Gather 8:45am, leave 9am, return 10am)
- Why | Health & social connection

### Benefits

Walking helps improve cardiovascular health, promotes brain health, and can increase strength and balance which reduces the risk of falls. Connecting with others also has incredible physical and mental health benefits!

