

WJOLELP Walking Group

We are pleased to announce, from the votes on our online and hard copy polls at the receptionist desk that the most popular time for the walking group will be on Fridays 4:15 to 5:15. We will be meeting in the Tsartlip Health Department lobby **Friday, August 24th at 4:15** for **our first walk**. We will have a nurse, an automated external defibrillator (AED), and pedometers present for anyone that may have heart conditions. All abilities and ages welcome!

Every Friday 4:15 to 5:15pm

at the Tsartlip First Nations Health Department Lobby