

# Bridges Community Health Centre

## Community Health and Wellness Programs

### Let's Keep Moving Together!

Vale Centre Walking Track, Port Colborne



All Bridges CHC programs are open to the entire community at no cost.

**Starts Thursday, January 9th, 1:15-1:45pm and runs for eight weeks.**

Join our staff at the Vale Centre for this eight weekly positive and inclusive walking program to promote activity throughout the winter months.

No need to register, just meet us at the track each week!