



Join Us for a Walk!

Want to get out and stretch your legs and get some exercise while meeting new people? We are starting a little walking group and welcome you to join us. Each week we will be going to a new location so we can enjoy this beautiful city we live in. Our summers are planned out already and we look forward to seeing you there!

Date	Location	Time	Wheelchair accessible?	Notes
Tuesday July 29	Morell Nature Sanctuary	3:00 to 4:30 pm	Yes	Dirt Trail. Meet in parking lot. Difficulty: medium
Tuesday Aug 3	Chase River Estuary Park	3:15 to 4:30 pm	No	Meet in parking lot behind Bold Knight Restaurant. Dirt Trail. Difficulty: medium
Tuesday Aug 10	Colliery Dam Park	3:00 to 4:30 pm	Yes	Meet in parking lot. Paved trail. Difficulty: easy
Tuesday Aug 17	Neck Point Park	3:15 to 4:30 pm	No	Meet in parking lot, Dirt Trail. Difficulty: medium
Tuesday Aug 24	Nanaimo Seawall	3:00 to 4:30 pm	Yes	Meet at parking lot Maffeo-Sutton Park, Paved trail. Difficulty: easy
Tuesday Aug 31	Bowen Park	3:00 to 4:30 pm	No	Meet at parking lot by lower picnic shelter. Difficulty: easy

It is free to participate, no money needed. You will need to provide your own transportation to and from the walk as we have very limited space for driving. You do not need to be receiving services from Nanaimo Supportive Lifestyles to attend, anyone is welcome. Support workers, home share providers and families are most welcome to come along.

This is all about getting out and seeing our community, getting some exercise and having fun. Go ahead and bring your camera, bring a bottle of water and we walk rain or shine so make sure you have either sunscreen or umbrella as needed. Looking forward to seeing you there!

Questions? Call Neil G. or Lindsay at 250-753-0332