

Wellness Walks

Come join us weekly for Wellness Walks where we can explore various topics around self care, overall balance, and compassion for self and others in a safe, nurturing environment. Walks will take place both inside and outside (weather permitting) and at various locations.



When: Every Wednesday beginning March 20, 2019

10:45am-11:45am until April 24 (6 weeks)

To register:

Contact Pam Rittau-Mental Health and Wellness

Or Kathy Foy-Healing and Wellness

807-274-8541 or in office

Registration deadline is March 13, 2019