



# **Walking & Wheeling Club**

Walking is an activity that is often overlooked despite its proven role in losing weight, preventing diseases and improving moods.

People of all abilities realize and appreciate this leisure activity for its role in improving mental and physical well-being as well as promoting a sense of belonging through interaction with the community.

## **Participation Information**

- ☺ RCD Members & Friends & Families
- ☺ Drop-in Activity: no registration required
- ☺ Your own Bus-pass / Transportation Fare
- ☺ Tuesdays: 12:15PM meet at RCD, 12:30PM Starts
- ☺ Bring water, sun protection gear; wear Casual clothes with Runners
- ☺ Check RCD website for route schedules



For more info:

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